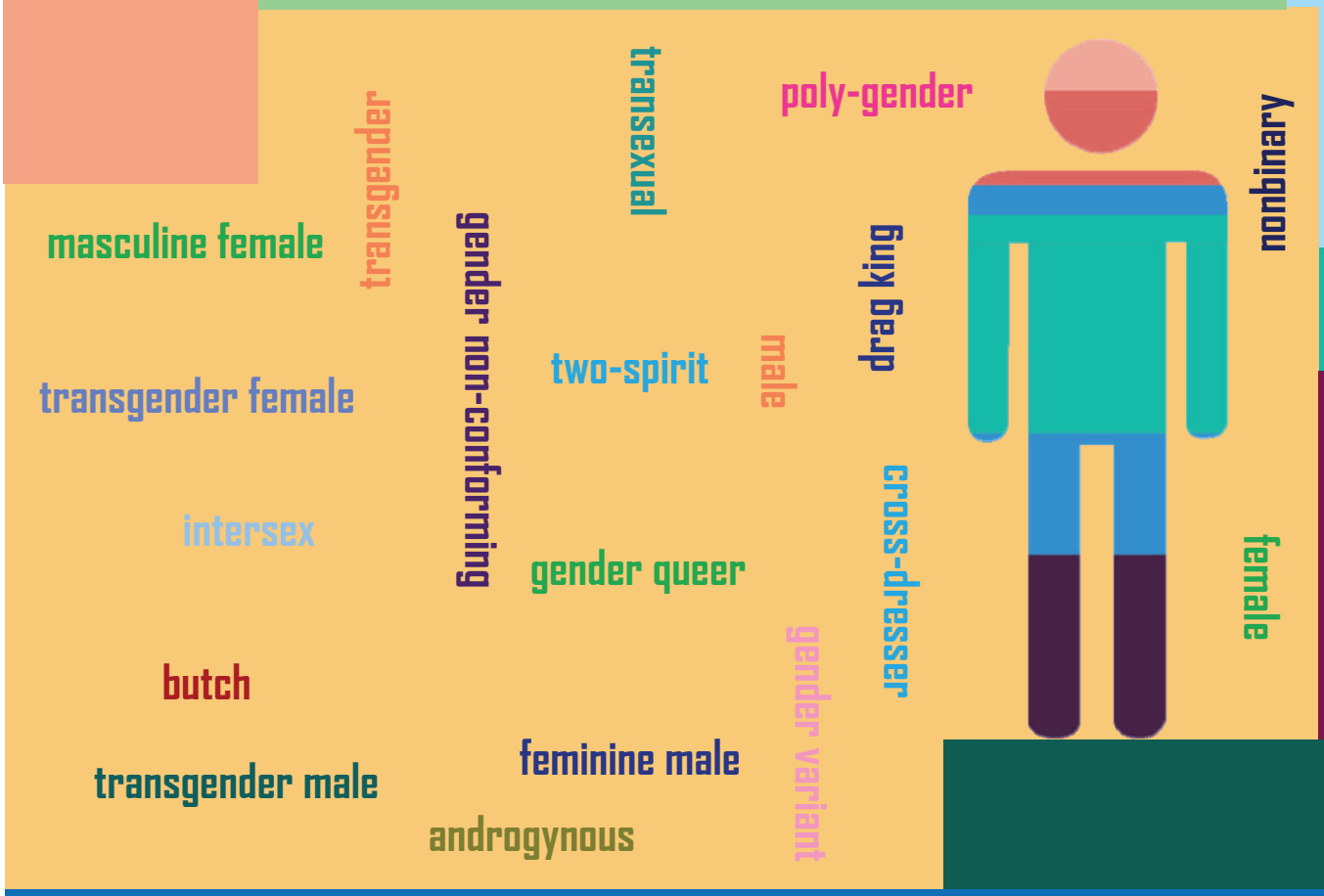
2015

Inland Empire Transgender Health & Wellness Profile



Riverside University Health System - Public Health

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Foreword

At its most elemental, the Riverside University Health System strives to ensure and preserve the good health of all Riverside County residents. We know instinctively that future health outcomes are strongly affected by the cultural, social and environmental factors we live within, and critical to achieving the Health System mission is to highlight disparities in those factors within our county's diverse populations that put them at risk. Our inaugural report on the health and wellness of the Lesbian, Gay, Bisexual, Transgender community sparked substantial productive discussion on how the health and welfare of these critically underserved populations can be improved and we hope that this needs assessment focusing on the transgender population will do so again. With the increasingly robust data this and future reports will bring to light, such conversations can start to lead towards meaningful solutions.

Every Riverside County resident should have an equal claim on good health. By giving a voice to this community through stakeholder inclusiveness and rigorous, careful data collection, this report is yet another way to make that goal possible.

Cameron Kaiser, MD, MPH
Public Health Officer
County of Riverside
February 2017

Executive Summary

The collection and use of data is fundamental to ensuring an equitable distribution of public health resources and the development and provision of accessible health programs. Data on the health and wellness needs of the transgender community is severely lacking. This report and the needs assessment survey it summarizes are among the first steps in improving our understanding of the transgender community in Riverside and San Bernardino counties. This report is based on 90 survey participants from across Riverside and San Bernardino counties.

Transgender: An umbrella term used to describes people who identify with or express a gender different from the gender assigned to them at birth.

Key Findings:

- Current studies estimate the transgender population of the Inland Empire at nearly 27,000 people.
- Respondents to the survey had higher education levels but lower income levels than the general population.
- Almost all survey respondents had some form of health insurance (93.3%).
- Three quarters of respondents indicated that they had seriously considered committing suicide and over two-thirds (67.8%) reported having depression or an anxiety disorder.
- More than half (56.7%) of respondents have been physically and/or emotionally abused by a partner or someone close to them.
- Over a third of respondents said it was "not at all easy" to find medical (40%) or mental health (39%) providers with sufficient knowledge of and experience with transgender people.
- Many respondents reject the concept of a male/female gender binary and have identities that are not exclusively male or female.
- A quarter of respondents reported experiencing verbal harassment at work.
- Nearly three quarters of respondents reported being bullied or harassed by other students at school.
- Over half of respondents said they were very or somewhat uncomfortable seeking help from the police.
- Nearly 20% of respondents reported being kicked out of their family home.

"As transgender people we don't want special treatment or favors, we just want to be treated like everyone else and live the same life as everyone else."

Acknowledgements

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External Review Panel:

This report has been reviewed in draft form by individuals chosen for their diverse perspectives and technical expertise. The intent of this independent review was to provide candid and critical comments that would assist the RUHS-Public Health in making this report as sound, useful, and culturally competent as possible.

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While the reviewers provided many constructive comments and suggestions, they were not asked to endorse the report; nor did they see the final draft of the report before its release.

Individuals and organizations that provided input on early drafts of the survey include:

Amy Whelan, National Center for Lesbian Rights; Aydin Kennedy, MSW, St. John's Well Child and Family Center; Rev. Benita Ramsey, Principal, BRMG, UFCC Get Covered Campaign, Director Rainbow Pride, Pastor UFCC Riverside; Borrego Health Foundation; Clay Decker Cross; Christian Mendez, Operation SafeHouse; Desert Center for Sexuality Awareness; James Williamson, Palm Springs Unified School District; Kristen Kelly-Dolan, SafeHouse of the Desert; Kristie Handzik, Temecula PFLAG; Linda McFarlane MSW, LCSW, Just Detention International; Maria Louise Roman, APAIT; Shelly Ann Ahlerich, Riverside PFLAG; Susan Thronson, Palm Springs PFLAG; Tom Page, Traci W. Lowenthal, Psy.D.

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We appreciate any questions or comments that you may have about this report and welcome recommendations for improving subsequent reports. If you have any comments to share please contact us at:

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Introduction

Transgender and gender non-conforming individuals face many forms of discrimination that affect their health. To achieve health equity, we need to understand the current health status of all Inland Empire residents. When it comes to transgender health, there is limited information about the health issues affecting this population. Local data collection is a key step to increase our knowledge and understand issues affecting the transgender community. This needs assessment should be considered a first step in guiding future research and health programs in the Inland Empire and not as a representative description of all people who identify as transgender in the Inland Empire.

In 2014, Riverside University Health System – Public Health (RUHS-PH), along with community partners, published the first ever LGBT Health & Wellness Profile for Riverside County (County of Riverside, 2014). This report highlighted the deficit of data on the health needs of the local transgender population. In response to this lack of data, RUHS-PH agreed to provide technical assistance to transgender community groups for the creation, distribution, analysis and final report of a comprehensive transgender needs assessment survey. On behalf of participating community groups, this survey was distributed throughout Riverside and San Bernardino counties in the summer of 2015 to gain a better understanding of the transgender population's health needs. This document summarizes the findings from this needs assessment survey.

The combined counties of Riverside and San Bernardino, commonly referred to as the Inland Empire (IE), has a total population of 4,489,159 residents, spanning over 27,000 square miles. Geographically, the Inland Empire is roughly equal to the states of New Hampshire, New Jersey, Connecticut, Delaware and Rhode Island combined. The collective population of the two counties also exceeds the population of 25 states in the United States (US Census Bureau). The Inland Empire encompasses 52 incorporated cities, 58 school districts and is ethnically diverse; 48% are Hispanic, 35% White, 7% Black or African American, 6% Asian, and 4% all other (American Community Survey, 2015).

National or local data are unavailable on the total number of transgender people. However, according to a recent study published by The Williams Institute, 0.6% of the US population is transgender (Flores, Herman, Gates, & Brown, 2016). Using this estimate, the 2015 transgender population of Riverside County is approximately 14,166 individuals and San Bernardino County 12,769.

The mission and goals of Riverside University Health System – Public Health align with the four overarching national goals of Healthy People 2020, which are:

- Attain high-quality, longer lives free of preventable disease, disability, injury and premature death
- Achieve health equity, eliminate disparities, and improve the health of all groups
- Create social and physical environments that promote good health for all
- Promote quality of life, healthy development and healthy behaviors across all life stages

Providing the technical assistance to community partners in developing this report is one of many steps the RUHS-PH is taking to promote and protect the health of all County residents and visitors.

This report explores the significant gaps in transgender health data and services so that county agencies and local non-profit organizations can collaborate to close those gaps and work toward health equity.

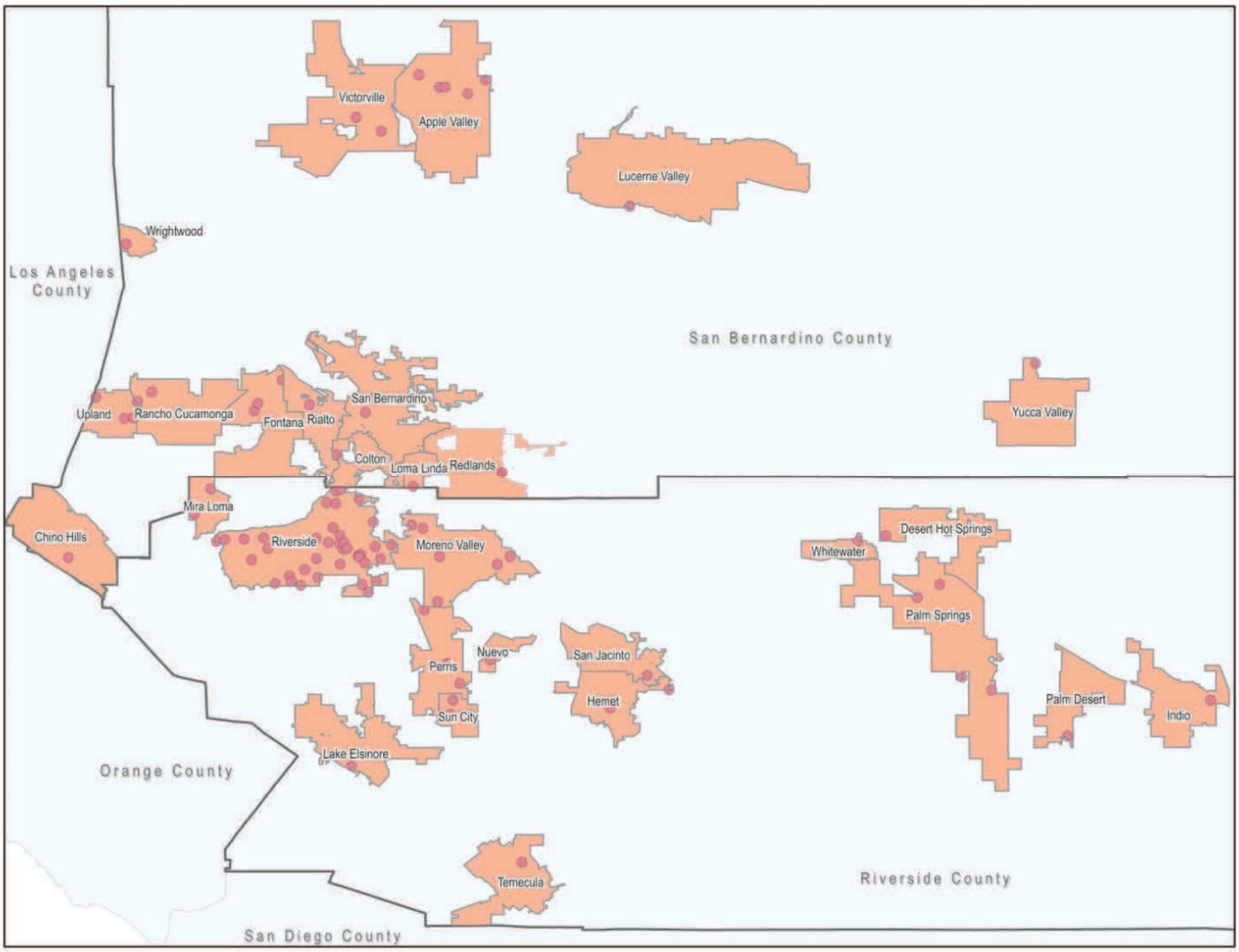
Methods

Initial survey questions were developed using the National Transgender Discrimination Survey (NTDS) and the California Health Interview Survey (CHIS) as templates. Drafts of the survey were reviewed by numerous community partners for critical feedback and refinement of the survey instrument. Once finalized, the survey was distributed by website, Facebook, email, and paper, and announced in both the Press Enterprise and The Desert Sun newspapers. The survey was open from May 1, 2015—August 1, 2015.

The survey contained 78 questions over 10 domains covering demographics, self-identity, housing, transportation, discrimination and bias, physical and emotional health, health care access, tobacco, alcohol and other drugs, school, police and the justice system, intimate partner violence, available services and social support. Of the 140 total respondents, 27 did not reside in the Inland Empire, 21 were cis-gender (gender-conforming), and two did not complete the survey. After data-cleaning, the final study sample included 90 valid respondents (72.2% Riverside County, 27.8% San Bernardino County). The map on the next page (p. 8) shows respondents by city of residence.

Map of the Inland Empire Survey Sample

The Inland Empire Transgender Health & Wellness Survey Sample by City of Residence



drag queen

Transgender woman

Polygender

Queer

Woman

Trans boy

Agender

Self body

Trans girl

Bi Gender

Non binary boy

Trans

female

Androgynous

Transmasculine

Non-binary

Intersex

Gender fluid

Male

HOW I IDENTIFY

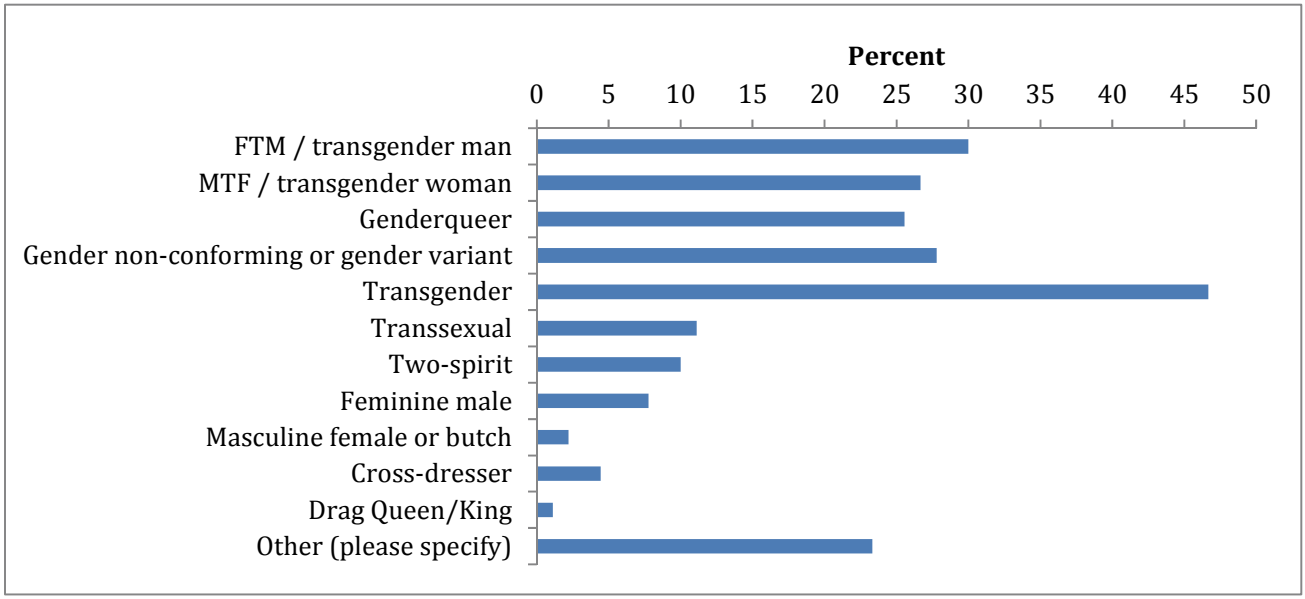
Gender Identity

Gender identity can be defined as an individual's innermost concept of self as male, female, both or neither. A person's gender identity can be the same or different than one's sex assigned at birth. Although gender identity is believed to manifest between ages 3 to 6 years old, many transgender, genderqueer, or genderfluid individuals (see Appendix A for a glossary of terms) are not able to embrace their true gender identity until much later in life. This is mainly due to societal pressure to conform to the gender binary (i.e. male/female) and the societal stigma associated with transgender identities (Boundless Psychology, 2016; Eliason and Schope, 2007; Kaufman, 2008).

The fluid and changing language around identity in transgender communities, allows for complex, layered characteristic expression. Economic status, race, culture, geography, education and age influence the language respondents use to describe their gender identity. This is demonstrated in how respondents identified their gender identity on the survey (see figure below).

Other terms used by respondents included agender, transboy, androgynous, bi-gender, female, genderfluid, woman, intersex, male, nonbinary, polygender, queer, self-body, trans, trans girl/ woman, transmasculine and non-binary boy.

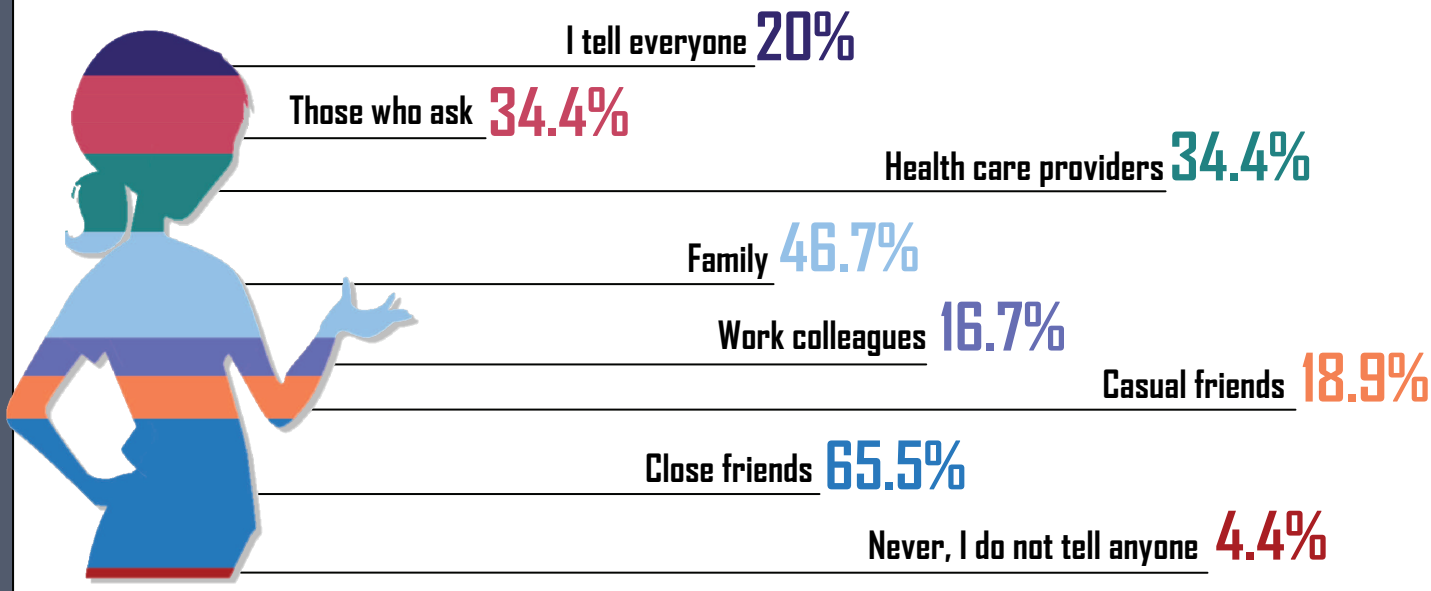
Respondents Self-identified Gender Identity



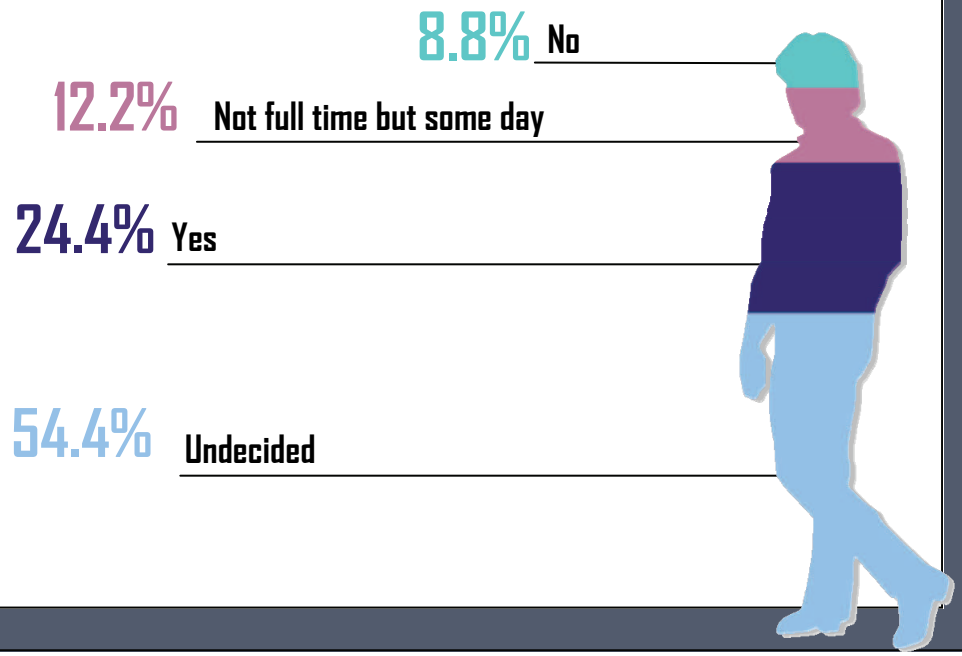
Note: Respondents could select all terms that applied so percentages do not add to 100%. Definitions of these terms are provided in Appendix A.

"Please don't forget about gender fluidity. Those outside of the gender binary are often considered 'not really trans'."

Do You Tell People That You Are
TRANSGENDER/GENDER NON-CONFORMING?



Do You Currently or Do You Want
TO LIVE FULL TIME IN A GENDER THAT IS DIFFERENT FROM YOUR GENDER ASSIGNED AT BIRTH?



"Being referred to by improper pronouns constantly even after correction. Asked to use other changing room when out shopping."

Level of "Outness"

To be "out" means that people are aware of a person's gender identity or history, sexual orientation, or both. Many studies of LGBT individuals have found that being out can lead to greater self-acceptance and self-empowerment. However, the choice to disclose transgender status is a deeply personal decision and great effort should be made to never disclose another person's gender history.

An important aspect of good health care is the ability to be open with your health care provider. Doctors, nurses, physician assistants, psychotherapists and other health care professionals need to know about their patients' gender identity (and sexual orientation) in order to provide the best care possible.

Nearly 2 in 3 survey respondents (65.6%) did not tell their health care providers about being transgender or gender non-conforming. This could be due to the fact that 58.8% also agreed or strongly agreed that medical personnel would treat them differently if they knew the respondents were transgender. Over half (55.6%) of respondents also agreed or strongly agreed that health care providers are not adequately trained to care for people who are transgender, which can help explain why many respondents choose to keep this information from their health care providers.

"This survey assumed that I am "out". I see this as a common problem with social services organizations and supportive services. I am not "out" and do not disclose my sexuality or gender preference in the community due to the discrimination I see others facing."

Gender Expression

A third (36.6%) of respondents either currently or want to live full time in a gender different than the gender assigned to them at birth. The rest were either undecided (54.4%) or did not want to live full time as a different gender than the one assigned at birth (8.8%). Many respondents reject the concept of a male/female gender binary and adopt identities that reflect that (e.g. genderqueer, non-binary).

"It always concerns me with the growing transgender population, that on most county and state forms in the gender box only gives Male or Female for choices. They don't take into consideration the growing population of other gender identifiers."

Age, Race & Ethnicity, Sexual Orientation

Age Range	Percent
Under 18	2.2%
18-20	12.2%
21-29	40.0%
30-39	11.1%
40-49	13.3%
50-59	7.8%
60+	13.3%

Race/Ethnicity	Percent
African American	2.2%
Asian	1.1%
Hispanic	22.2%
White	64.4%
Multi-Racial	8.9%
Unknown	1.1%

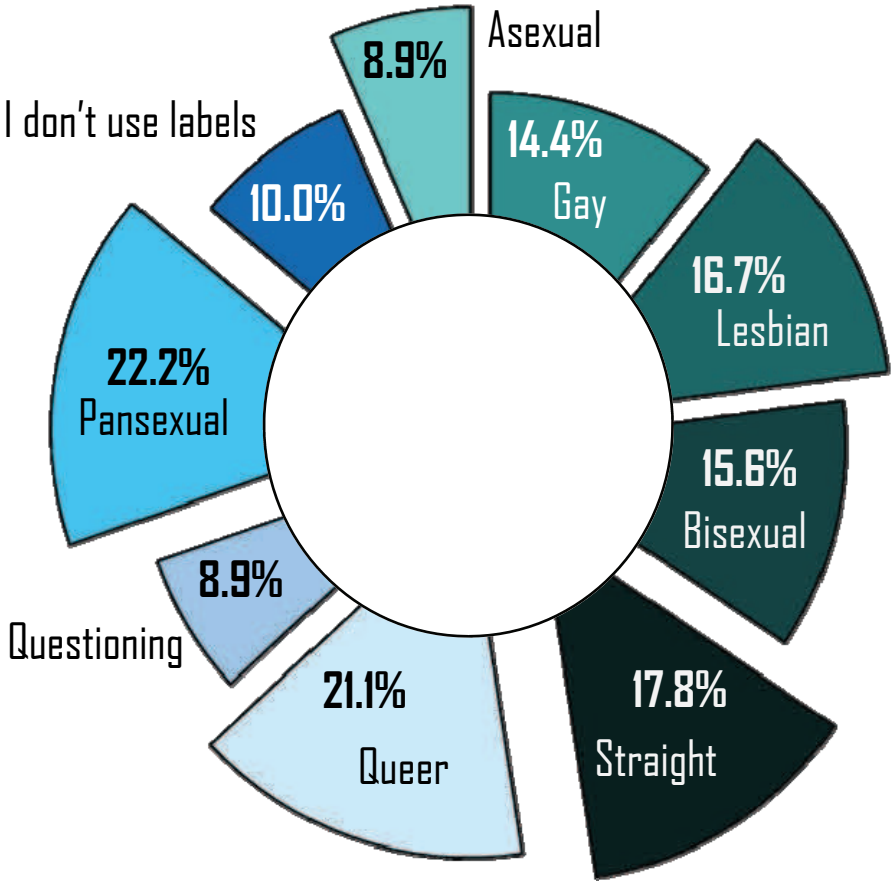
Age

This survey trended younger than the general population, with a majority (54.4%) of respondents under 30 years of age and 45.6% over 30. This is in contrast to the general population of the Inland Empire where 43.5% of the population is under 30 and 56.5% are over 30. The needs and experiences of youth under 18 years of age can be very different than those of adults. Future assessments targeting needs of youth should be considered.

Ethnic or Racial Background

Survey respondents were less ethnically diverse than the general population with nearly two thirds of the respondents identifying as White and less than a quarter identifying as Hispanic, 2.2% African American and 1.1% Asian. Greater effort should be taken in future needs assessment surveys to reach ethnic minorities. Research has shown that the life experiences of gender and sexual minorities who are also ethnic minorities can be substantially different than their White counterparts. Further, recent research conducted by The Williams Institute has indicated that the transgender community may be more ethnically diverse than the general population (Flores, Brown, & Herman, 2016).

Sexual Orientation



Sexual Orientation

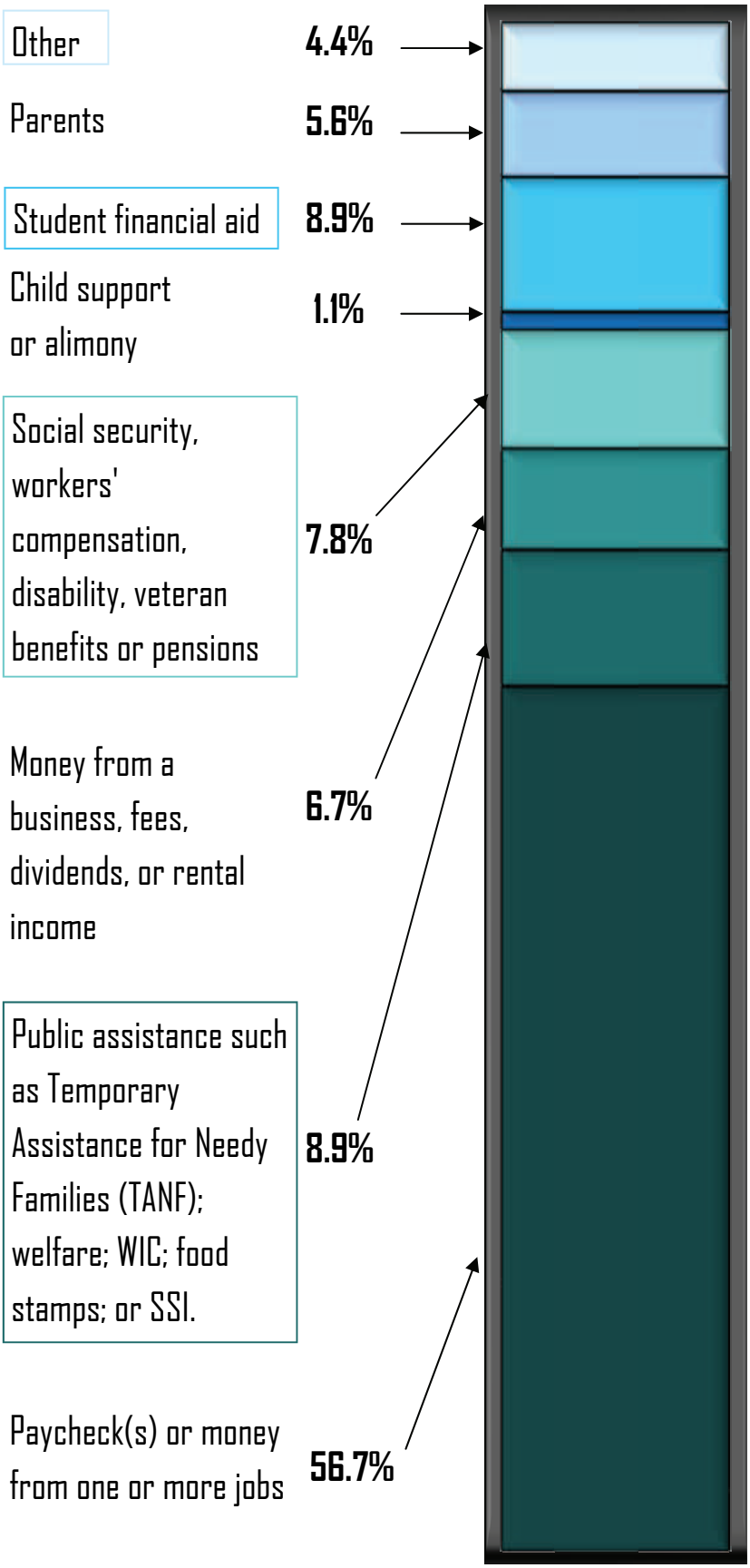
Being transgender does not imply any specific sexual orientation. Transgender people exhibit the full spectrum of sexual orientations, and may identify as straight, gay, lesbian, bisexual, asexual, or use other labels or no labels at all.

Income

How much money did YOU personally earn in 2014?

Income	Non-Student	Student
$0–$19,999	59.6%	78.9%
$20,000–$39,999	15.4%	13.2%
$40,000–$59,999	5.8%	7.9%
$60,000–$79,999	9.6%	0.0%
$80,000 or more	9.6%	0.0%

What were your sources of income in 2014?

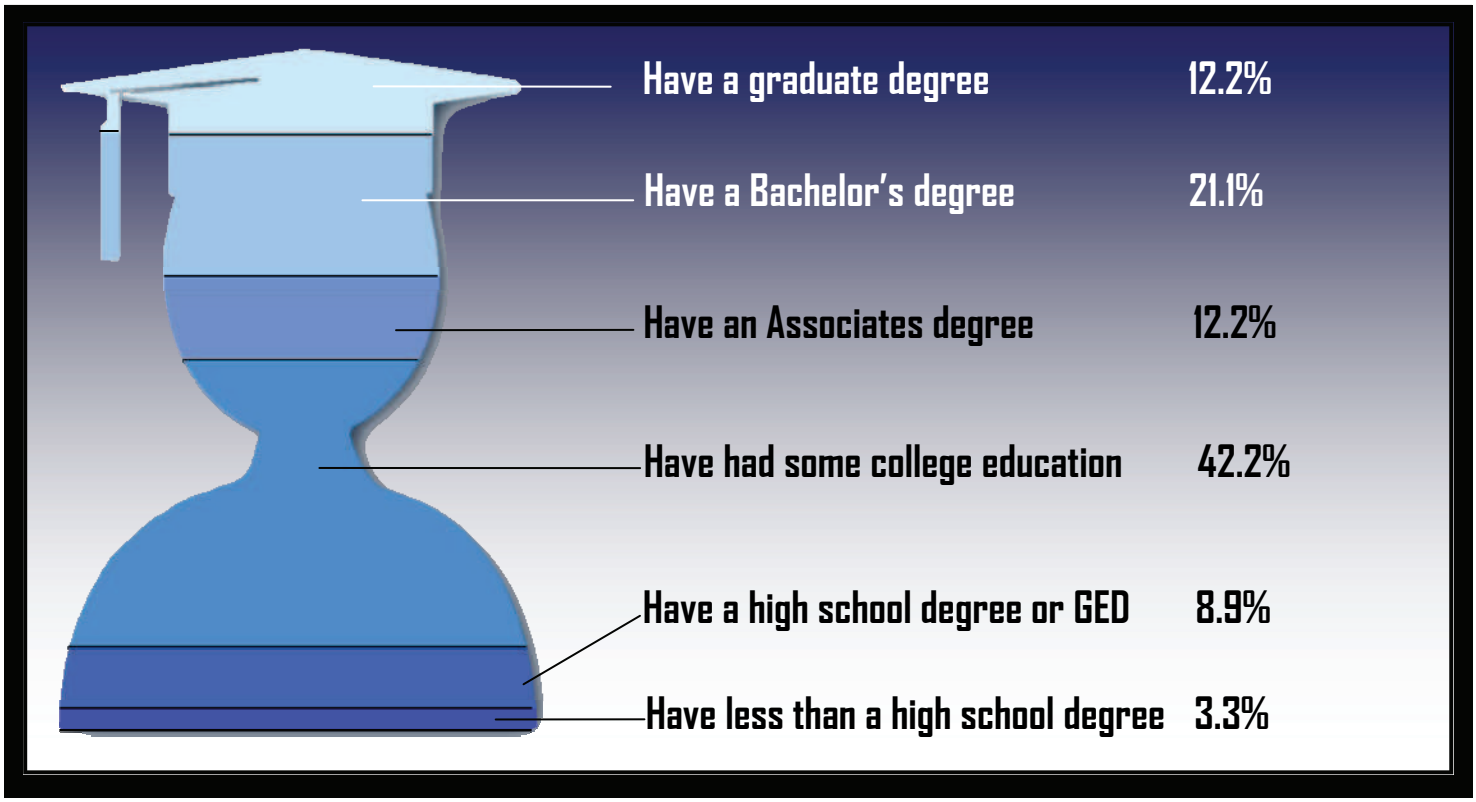


Income

Research consistently shows that low income is a significant risk factor in disease incidence and severity as well as life expectancy. In general, despite having a higher education level (see page 15) than the general population, non-student survey respondents reported much lower incomes with 59.6% earning less than $20,000 a year. These responses are consistent with those of the National Transgender Discrimination Survey (Grant, et al., 2011) which also reported lower household incomes but higher education levels than the population as a whole.

For Inland Empire residents overall, the median individual income of those 16 years or older in Riverside County is $28,130 and in San Bernardino County $28,145 (American Community Survey, 2014).

Education & Employment



Survey respondents generally had a high level of education. Over three fifths (63.3%) of all respondents under 30 years old indicated they are currently enrolled in school. More than half (51.2%) of all respondents 30 years old and older had a Bachelor's degree or higher. For those 30 and older this is more than double the education level of the general population of the Inland Empire (22.6%) and higher than California overall (38.1%) (CHIS, 2014). The national goal is to reach a 60% college graduation rate by 2020 (whitehouse.gov).

As seen with income (page 14), higher levels of education did not translate to higher levels of employment with survey respondents. Only 18.9% of respondents were employed full time, whereas 52.6% of Inland Empire adults had full time employment (CHIS, 2014). Further, 15.6% of survey respondents directly attribute their transgender status to being unemployed.

Employment Status			
Employed full time	18.9%	Unable to work	7.7%
Employed part time	6.7%	Homemaker	2.2%
Unemployed	19.9%	Retired	10.0%
Student	21.1%	Other	3.3%

Work Discrimination

HAVE YOU EXPERIENCED ANY OF THE FOLLOWING AT WORK BECAUSE OF BEING TRANSGENDER OR GENDER NON-CONFORMING?

My access to customers or clients has been restricted or eliminated. 3.3%

15.6% I faced unfair scrutiny and/or discipline.

Managers or supervisors repeatedly used my old name/pronoun even after being corrected. 11.1%

I have never been employed. 18.9%

Co-workers repeatedly used my old name/ pronoun even after being corrected. 14.4%

I experienced verbal harassment. 25.6%

Managers or supervisors shared private information about me that they should not have. 12.2%

I was laid off. 4.4%

I changed jobs or careers after coming out/disclosing being transgender or gender non-conforming. 21.1%

I experienced sexual harassment. 12.2%

I was harassed by supervisor(s). 13.3%

I was the victim of physical violence. 2.2%

I was fired. 2.2%

Co-workers shared private information about me that they should not have. 11.1%

I was denied a promotion. 3.3%

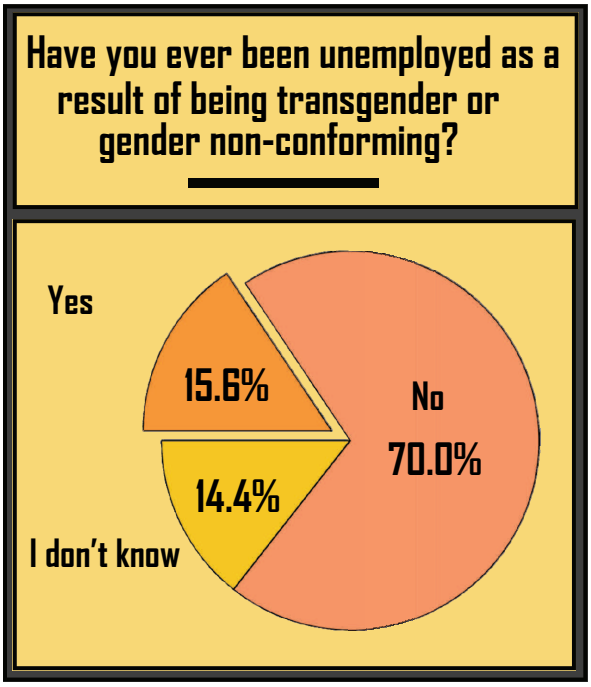
I was harassed by coworkers. 15.6%

I was reorganized out of a job. 2.2%

Was denied access to restrooms that matched my gender identity. 3.3%

Overall Work Discrimination

Yes	41.1%
No	35.6%
Never Employed	18.9%



"Sometimes the discrimination is not so overt as to be provable. On more than one occasion I did not get a job that I applied for where it was obvious to me that discrimination was involved, but there was nothing provable."

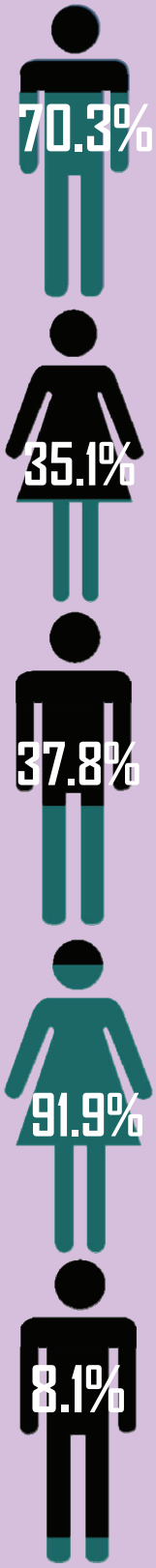
Four in 10 (41.1%) survey respondents reported experiencing employment discrimination including harassment, being denied promotions or being fired. A fifth (21.1%) of respondents changed jobs or careers after disclosing being transgender or gender non-conforming and 15.6% attribute their unemployment status to transgender discrimination.

"In California, ***it is unlawful*** for an employer with five or more employees ***to discriminate against an employee*** in the terms, conditions, and privileges of employment ***based upon the employee's gender identity, expression, or transgender status***....It is also unlawful for an employer, regardless of the number of employees, to verbally or physically harass an employee based on their gender identity, gender expression, or transgender status. Harassment can include intentionally and repeatedly referring to a transgender employee by an incorrect name and pronoun. Coworkers are also prohibited from harassing and discriminating against an employee based upon their transgender status." From *Know your Rights: Transgender People at Work:* An information and resource publication for transgender employees in California. Transgender Law Center, www.transgenderlawcenter.org.

"I am a veteran and volunteered six years of my life to support and defend this country and despite this I feel like this country would rather turn its back on me than to help me."

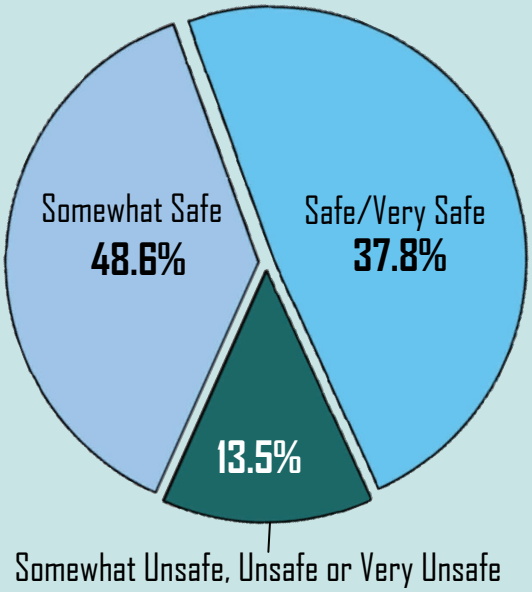
School Discrimination

Have you experienced any of the following in school?



- 70.3% — Bullied/ harassed by other students at school
- 35.1% — Not allowed to use the bathroom you identify with
- 37.8% — Teachers or staff bullied or harassed you
- 91.9% — Uncomfortable stares at school
- 8.1% — Dropped out of school due to the way people treated you

How safe do you feel at school/ on campus?



"After two years on campus, I have not been able to obtain all the services I was promised because the university's insurance company does not actually have any doctors under their plan."

27% of participants have missed school in the past 30 days because they didn't feel safe.

Number of days missed in the past month	
2 Days	5.4%
3 Days	5.4%
4 Days	2,7%
7 Days	5.4%

Two-fifths (n=37) of respondents were currently enrolled in high school, college or graduate school at the time of the survey. Nationally, transgender students report higher rates of experiencing verbal, physical, and sexual harassment and violence than their gender-conforming peers. In-school victimization is associated with harmful effects on psychological well-being and academic achievement (Kosciew et al., 2012).

School-based protective factors include educators supportive of transgender students, the presence of transgender inclusive gay-straight alliance clubs (GSAs), anti-bullying/harassment policies that provide specific protections regarding gender identity and transgender-inclusive curricula. These factors have been shown to increase feelings of school safety, lower rates of victimization and a greater sense of school belonging. These institutional supports are also shown to improve overall psychological well-being and improve academic achievement (Kosciw et al., 2012).

"Indirect harassment, such as classmates using the word 'tr*nny' in regular conversation."

"I've experienced problems with being misgendered by staff and instructors."

School should be a place where students are able to focus on their education without feeling discriminated against or unsafe. However, 91.9% of survey respondents currently enrolled in school indicated receiving uncomfortable stares while attending school. This can affect a student's ability to perform well in class.

"I skipped many days but never dropped out."

Bullying prevention is a national, as well as local issue. A large majority (70.3%) of respondents enrolled in school reported being bullied or harassed by students at school. A third (37.8%) of respondents also reported being bullied or harassed by teachers and other school staff members.

"I participate in a transgender discussion group on my university campus."

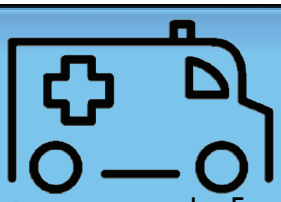
Safety is key to acquiring a good education. Students who do not feel safe at school will not perform to the best of their ability on homework, tests and other school projects. Nearly 14% of survey respondents reported feeling somewhat unsafe, unsafe or very unsafe at school. Over one quarter also reported missing at least one day of school in the last month, with 18.9% missing more than one. Missing multiple days of school can limit students' participation in class and can be a risk factor for dropping out.

"In high school I was bullied and physically harmed in the bathroom. I have been in fist fights with other students. I was told I had to use the girls locker room and bathroom. I was not allowed to use my preferred name at school."

Health Care Access

How easy is it to find a _____ in your area willing to participate in your health plan?

	Physician	Mental Health Professional
Extremely Easy	25.6%	21.1%
Very Easy	24.4%	14.4%
Moderately Easy	24.4%	22.2%
Slightly Easy	12.2%	14.4%
Not at all Easy	6.7%	20.0%



5.6% of participants go to the Emergency Room/ Urgent Care for health care needs as compared to **2.2%*** of the Inland Empire general population.

6.7% of participants go to a community clinic, government clinic or a community hospital as a usual source of care compared to **24%*** of the Inland Empire general population.

"I have had lots of doctors deny me service because I am trans. One doctor said she would see me, then once I was there she misgendered me the whole time, said if I don't show her my genitals then I wouldn't get my referral and prescription. I felt forced to show her my genitals. If I didn't do what she wanted then I wouldn't get what I needed. I have experienced lots of stares and people saying stuff."

*California Health Interview Survey (2015)

How easy is it to find a _____ who is willing to provide routine care?

Physician

Extremely Easy	25.6%
Very Easy	23.3%
Moderately Easy	24.4%
Slightly Easy	12.2%
Not at all Easy	8.9%

Mental Health Professional

Extremely Easy	25.6%
Very Easy	23.3%
Moderately Easy	24.4%
Slightly Easy	12.2%
Not at all Easy	8.9%

Sufficient Knowledge

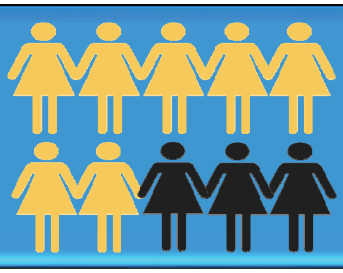
How easy is it to find a _____ in your area who has sufficient knowledge and experience on issues related to transgender people?

	Physician	Mental Health Professional
Extremely Easy	6.7%	6.7%
Very Easy	8.9%	8.9%
Moderately Easy	14.4%	13.3%
Slightly Easy	15.6%	21.1%
Not at all Easy	40.0%	38.9%

7.8% of participants do not have a usual source of care compared to **15.2%*** of the Inland Empire general population.

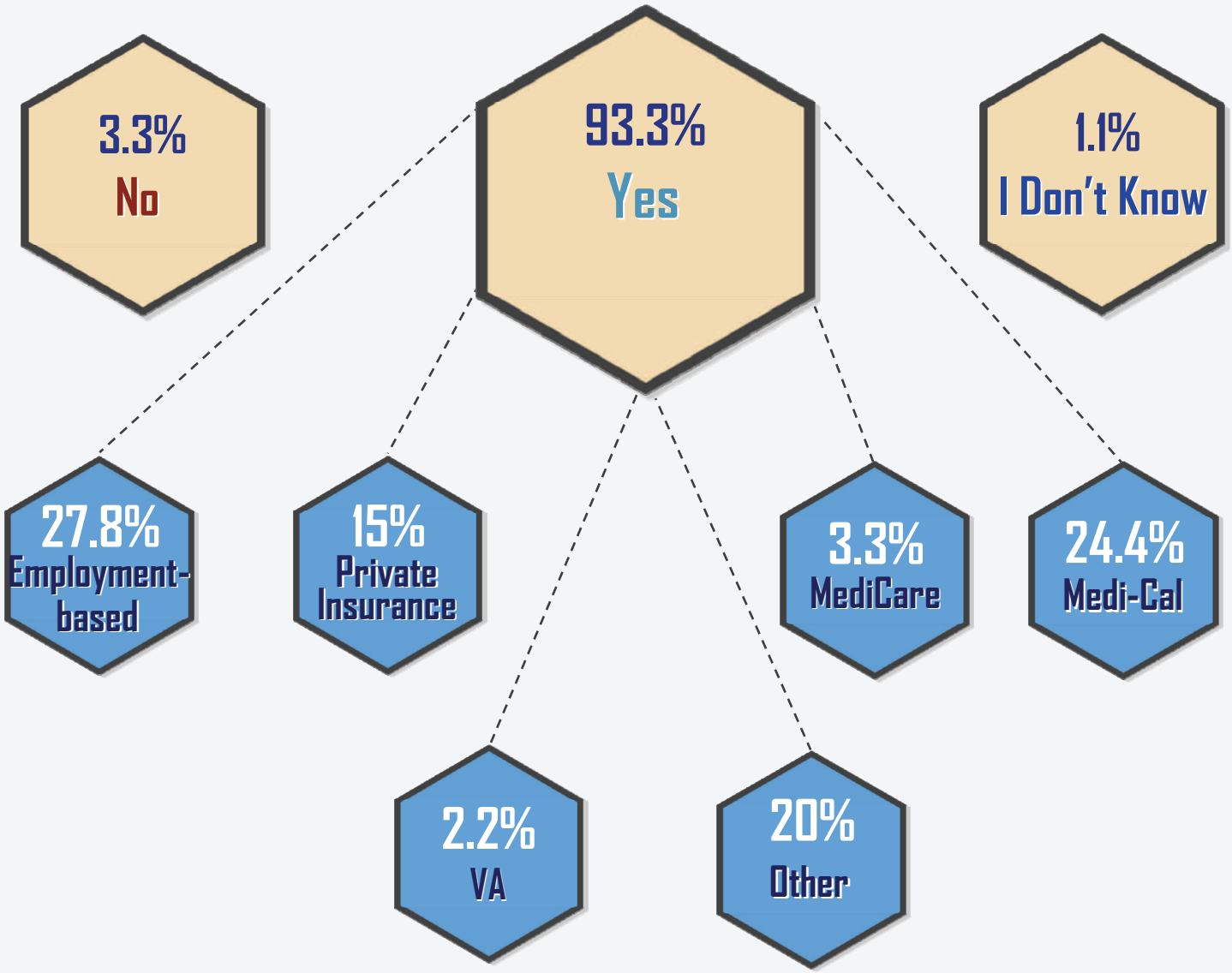
72.2% of participates usually go to a doctor's office/HMO/Kaiser for their usual source of care compared to **58%*** of the Inland Empire population overall.

Seven in 10 respondents have a usual place to go when they are sick or need health advice.



*California Health Interview Survey (2015)

Health Insurance



Health Care Access

An individual's ability to access health care can be influenced by ability to pay, transportation, geography, delivery of competent care, patient perceptions and institutional barriers such as discriminatory laws and policies. A person's access to good quality care can affect their health outcomes.

43.3%

stated that lack of money has kept them from going to the doctor in the past 12 months.

Almost all survey respondents have some form of health insurance (93.3%). Though insured at a slightly higher rate than the general population, four in 10 respondents reported a lack of money had kept them from receiving health care in the previous 12 months. According to the California Health Interview Survey 52.8% of the general Inland Empire population delayed care due to cost or lack of insurance (CHIS, 2015).

"At the VA, medical doctor tells me I'm a married man and need to stay that way."

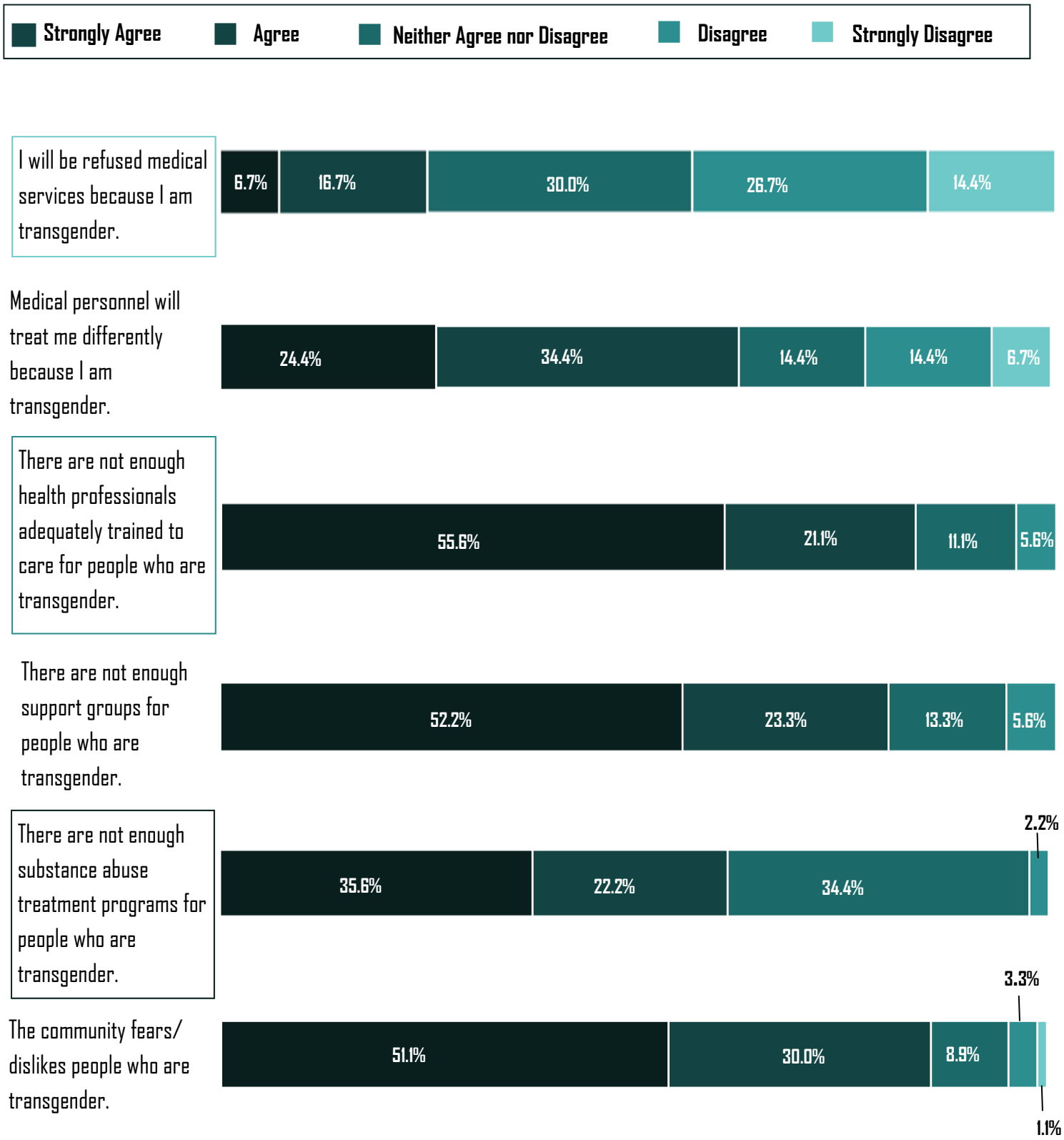
Those with health insurance may not use it as needed due to the inadequacy of providers or lack of services available to them. A majority of respondents agree or strongly agree that not enough health care providers are adequately trained to care for transgender people. Respondents also felt there are not enough support groups geared towards helping people who are transgender.

Unfortunately, seeking care was often perceived as unsafe for survey participants. As other studies have revealed (Grant et al., 2011) transgender and gender non-conforming people frequently experience discrimination when accessing health care. Participants in this survey reported similar barriers to care (see pages 23—27).

Survey participants reported that it is more difficult to find a mental health professional than it is to find a physician or other physical health professional in their area within their health plan. Nearly one-fifth of respondents found it only slightly easy or not at all easy to find a doctor in their area, whereas 34.4% found it only slightly easy or not at all easy to find a mental health professional in their area.

Perception of Accessing Health Services

To help us better understand your concerns about accessing health care services please tell us how much you agree or disagree with the following statements.



Perceptions of discrimination and whether one can access quality health services have been shown to not only affect whether and how individuals seek medical care and interact with medical professionals, but affect health outcomes as well (Harcourt, 2006; When Health Care Isn't Caring, 2010). A health professional's level of knowledge about transgender health issues and their cultural competency can have a large effect on a person's decision to disclose gender or sexual minority status (i.e., "come out") to health providers or whether or not to even obtain services in the first place (Movement Advancement Project, 2010; Bonvicini & Perlin, 2003). This is part of the lifelong process of coming out (de Vries & Blando, 2004) with potential and significant costs to health and well-being (e.g., Meyer, 2003). Calculations of perceived safety and comfort used in deciding when, what, and how much to reveal about LGBT status can be particularly acute for the youngest and oldest transgender persons and transgender persons of color.

Nearly 1 in 4 (23.4%) respondents agree or strongly agree that they will be refused medical services because they identify as transgender. Additionally, over half (58.8%) of respondents agree or strongly agree that they will be treated differently by medical personnel due to being transgender. This feeling of discrimination by medical personnel can keep transgender patients from accessing health care or health services they may desperately need.

A strong majority of survey respondents (81.1%) agree or strongly agree that the community around them fears or dislikes them due to being transgender. The perception of discrimination can prevent transgender patients from accessing health care.

"There is nothing more humiliating than sitting in a waiting area and having your legal but gender inappropriate name shouted out across the room and having to respond to it. Many of us must seek care and are presenting as ourselves long before we are able to get our names legally changed."

A majority of survey respondents strongly agree with the statements, "Not enough health professionals adequately trained to care for people who are transgender" (55.6%) and "Not enough support groups for people who are transgender" (52.2%). Just over one-third also strongly agree with the statement "Not enough substance abuse treatment for people who are transgender." Due to these high percentages, it can be concluded that there are not enough health care services that are tailored to transgender patients.

"I did bring up my gender identity with my gynecologist recently and her whole body language immediately shifted and she became noticeably uncomfortable."

Experiences in a health care setting

As a transgender/gender non-conforming person, have you experienced any of the following in these spaces?

	Ever in your life	If so, where	Riverside County	San Bernardino County	Other
Health care professionals were physically rough or abusive.	14.3%	→	33.3%	25.0%	41.7%
Health care professionals refused to touch me or used excessive precautions.	20.2%	→	47.1%	17.6%	35.3%
I was refused needed health care.	21.4%	→	38.9%	33.3%	27.8%
Health care professionals used harsh or abusive language.	28.6%	→	62.5%	16.7%	20.8%
Health care professionals blamed me for my health status.	23.2%	→	42.1%	21.1%	36.8%
Health care professionals used improper pronouns even after being corrected.	42.2%	→	48.6%	31.4%	20.0%

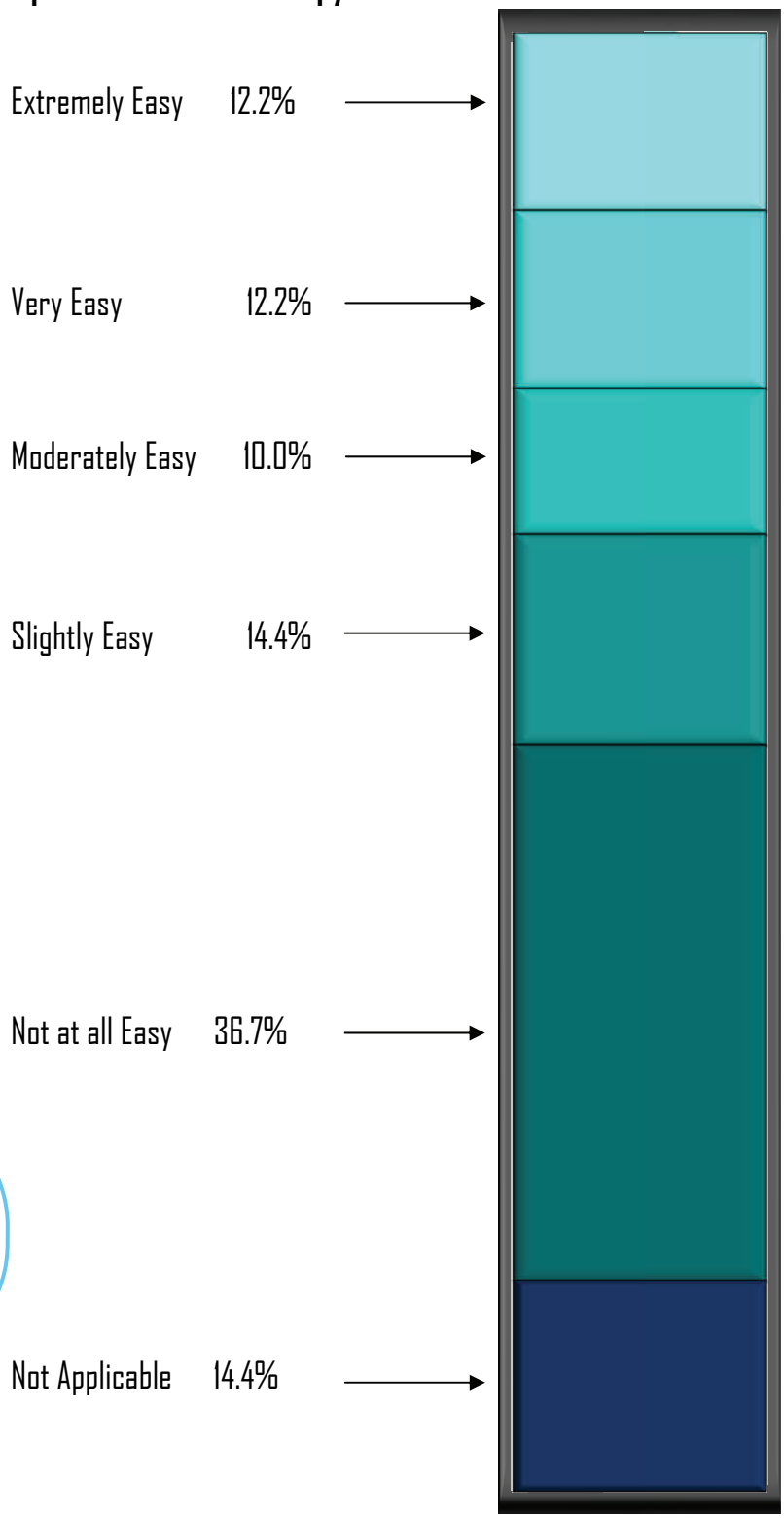
	Denied Services/ Unequal treatment	Verbally harassed Or disrespected
Doctor's office or hospital	16.9%	2.4%
Emergency Room	21.3%	9.6%

"I have been called my birth name repeatedly despite me having a legal name change, and they continued to use female pronouns. I was asked why I need hormones, and why the prescription is necessary. I was repeatedly told that the prescription is not important"

Ignorance about transgender health issues combined with the perceived danger or discomfort on the part of transgender patients, are factors that can limit access to medical care (Movement Advancement Project, 2010). Anticipated stigma and discrimination (e.g., MetLife, 2010) may lead to deferred or delayed health care utilization with missed opportunities for preventive intervention (Bonvicini & Perlin, 2003).

A substantial number of survey respondents reported discrimination and culturally incompetent care in health care settings (pages 23—27).

How easy is it to find a doctor in your area who is willing to provide hormone therapy?



"My doctor who prescribed my hormones was not very nice & his office staff actually said they do not want to work with people like me."

WHEN ASKED, **"HAVE YOU** EVER **SERIOUSLY** CONSIDERED COMMITTING **SUICIDE?"**

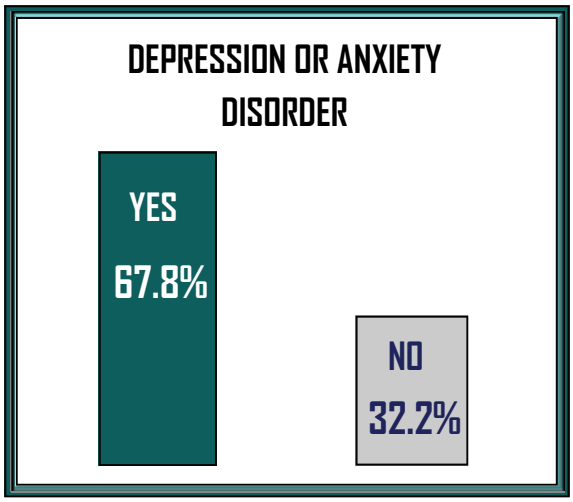
75% OF PARTICIPANTS STATED **"YES"**

WHEREAS, **6.1%** OF THE GENERAL POPULATION HAVE SERIOUSLY **CONSIDERED COMMITTING** SUICIDE

Behavioral Health Care

Mental health disorders affect a substantial proportion of the local, state and national population. According to the National Institute of Mental Health (www.nimh.nih.gov), nearly 30% of adults meet criteria for anxiety disorder and nearly 21% for a mood disorder over their lifetime. In comparison, survey participants reported considerably elevated rates of mood and anxiety disorders. Three quarters (74.4%) of respondents indicated that they had seriously considered committing suicide; while over two-thirds (67.8%) reported having depression or an anxiety disorder.

Societal discrimination has a direct impact on the mental health of transgender people. A social context of oppression leads to social and family alienation, reduced levels of social support, low self-esteem and symptoms of psychological distress. For racial/ethnic minority transgender people the social impact on mental health is amplified due to the intersection of racism and transphobia (Hatzenbuehler, 2010).



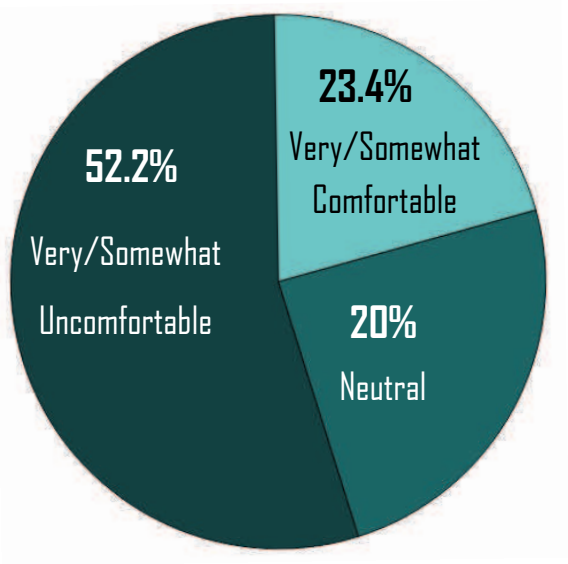
Two-fifths of respondents also indicated that it is not easy to find a mental health professional in their area who has sufficient knowledge and experience on issues related to transgender people.

In order for transgender patients with depression or an anxiety disorder to receive appropriate care, health professionals must gain more knowledge of and experience with issues relevant to transgender people. The stigma associated with these issues must also decrease, as 6.0% of respondents have reported being denied services and 7.2% reported being verbally harassed or disrespected by providers.

Have you experienced any mistreatment in a mental/ behavioral health setting?	
Denied Services/ Unequal Treatment	6.0%
Verbally Harassed or Disrespected	7.2%

"The idea that I could be treated negatively IF I disclose my gender identity and sexual orientation terrifies me enough that I don't even seek out mental health services."

Police Interaction



As a transgender/gender non-conforming person, how comfortable do you feel seeking help from the police?

Of participants who have had an exchange with police

Which of the following experiences have you had in your interactions with police?

54.4% of participants have had an interaction with police

Officers generally have treated me with respect.	51.0%
Officers generally have treated me with disrespect.	36.7%
Officers have harassed me.	14.3%

16.7%

of all participants have had police and/or sheriff's deputies use improper pronouns, even after being corrected.

Sexual Assault and Intimate Partner Violence

Violence and fear of violence can worsen health outcomes and exacerbate health disparities. Victims of abuse and violence are at an increased risk for many negative health and social outcomes such as anxiety, substance use, depression, low self-esteem, chronic health conditions, academic failure, incarceration and poverty (Garofalo & Bush, 2008; Pitt and Albert, 2008; UNITY, May 2011; UNITY, September 2011). Research indicates that transgender youth and adults experience higher rates of physical, verbal, sexual, and emotional abuse and intimidation than their gender-conforming peers. Further, victims who are not "out" publicly or have had negative interactions with law enforcement or the courts may be reluctant or unwilling to seek help from these or other services because it would require them to reveal their gender identity and possibly face embarrassment, ridicule or even harassment.

56.7% More than half of respondents have been physically and/or emotionally abused by a partner or someone close to them.

Survey respondents reported intimate partner violence at a rate three and a half times (56.7% vs. 16.2%) greater than the general population of the Inland Empire (CHIS, 2009).

Many of the concerns and barriers are the same whether the victim/survivor is lesbian, gay, bisexual, transgender, heterosexual or cis-gender. However, transgender victims often face situations that are not experienced by gender conforming victims (Kaufman, 2008; Pitt and Alpert, 2008).

- An abusive partner may threaten to "out" his or her partner's gender history to family, friends, or co-workers as a tactic to get that person to stay in the relationship or to coerce the victim in order to get what he or she wants.
- Transgender people whose families and friends are unsupportive of their identity have fewer sources of support, thereby increasing isolation and making it more difficult to end abusive relationships.
- Victims who are not "out" publicly may be reluctant or unwilling to seek help from the police, the courts and other services because it would require them to reveal their gender history and possibly face embarrassment, ridicule or even harassment.
- An abusive partner may threaten to withhold hormone medication as a way to control behavior.

1 in 4

or 25.6% of respondents have been forced to have sex against their will by a partner or someone close to them.

- Many transgender individuals have been subjected to abuse from a young age. This baseline of discrimination and violence can increase the risk of trauma later in life (www.nomore.org).

Housing

Have you experienced any of the following because you are transgender/gender non-conforming?	
I was denied a home/apartment.	5.6%
I moved to a less expensive home/apartment.	14.4%
I moved back in with family members or friends.	18.9%
I was kicked out of my family home before the age of 18.	6.7%
I was kicked out of my family home over the age of 18.	12.2%
I have been evicted.	4.4%
I became homeless.	8.9%
I had to use equity on my house to pay for living expenses.	2.2%
I have had sex with people to sleep in their bed/at their homes or pay rent.	4.4%

"I am disowned by my parents."

"I was forced to move out of my home due to transphobia and abuse."

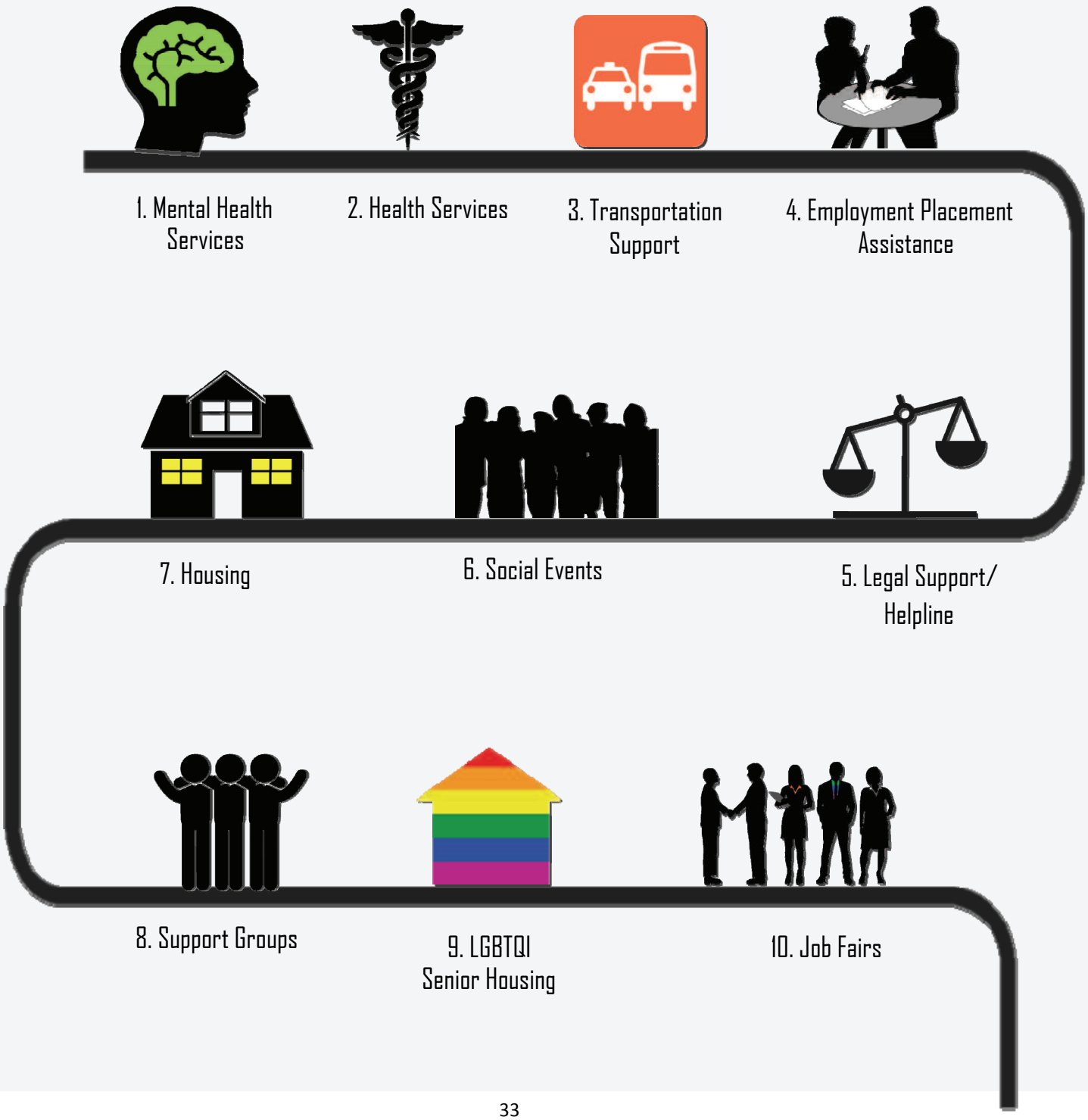
"I had to refinance my mortgage to pay for sex reassignment surgery."

"I am living off of credit cards for daily expenses."

Needed Services

Survey participants were asked to rank the services they felt were the most needed for transgender people in the Inland Empire. The following are the top 10 services in order of the total number of votes each one received.

What are the most important transgender services you think should be offered in your area?



Conclusion and Recommendations

Despite recent advances in visibility and equality for transgender people, this report documents the continued discrimination, social stigmatization and harassment, transgender people face. As a result of these chronic stressors, many transgender people struggle with depression, anxiety, low self-esteem, and suicidal thoughts.

This report can be used by local agencies seeking funding and as a tool for health care organizations to assist them in understanding how they can be a resource for this underserved population.

Research Recommendations

It is essential that local and state health organizations collect and report data on gender identity as part of standard demographic questions. For guidance on how best to ask gender identity questions, please refer to:

- *Inclusive Questions for Older Adults: A Practical Guide to Collecting Data on Sexual Orientation and Gender Identity*. (2013). National Resource Center on LGBT Aging.
- *Policy Focus: How To Gather Data On Sexual Orientation and Gender Identity in Clinical Settings*. (n.d.) The Fenway Institute.
- *Best Practices for Asking Questions to Identify Transgender and Other Gender Minority Respondents on Population-Based Surveys.* (2014). J.L. Herman (Ed.). Los Angeles, CA: The Williams Institute.

Program Recommendations

The recommendations below are adapted from *First, do no harm: Reducing disparities for lesbian, gay, bisexual, transgender, queer and questioning populations in California* (Mikalson et al., 2012). Many have been highlighted by the Riverside University Health System—Behavioral Health, LGBTQ Task Force as particularly relevant to Riverside County.

- Health and human service organizations have a duty to create safe, welcoming and affirming environments for transgender individuals and families across all races, ethnicities, cultures, and across the lifespan.
- Training of service providers in public mental/behavioral and physical health systems should focus on the specific health and safety needs of transgender people. These trainings should meet continuing education unit (CEU) standards and have community-based endorsement.
- Training for school administrators, teachers, police, CBO managers, physical and behavioral health providers and other human service providers should include the physical and mental health challenges, strains and duress endured by members of the transgender community and the community's cultural diverseness.
- Creating safe spaces for transgender youth is critical to addressing harmful school behavior. Gay-Straight Alliances (GSA) and other such transgender affirming clubs should be supported by school administration and staff. This includes the reducing of barriers to forming and maintaining such clubs at middle and high school campuses.

- Public schools at all age and grade levels should develop and implement effective anti-bullying and anti-harassment programs. These programs should include language addressing gender, gender identity and gender expression issues.
- Review and update non-discrimination policies within your organization. Adopt transgender - relevant anti-discrimination policies for the hiring of employees and treatment of clients. These policies should be monitored and enforced.
- There are California state laws and regulations already in place which have a direct impact on the mental and physical wellness of the Inland Empire's transgender population. These laws and regulations should be supported, promoted and enforced.
- All domestic violence programs in the Inland Empire should recognize the relationships of transgender persons.
- Health and human service providers need to ensure that when referring clients to other programs those programs and services have been determined to be transgender-sensitive, affirming and culturally competent.
- Address and eliminate stigma directed toward the transgender community through social media, event participation and community collaborations.

For guidance on how best to provide services to the transgender population see:

- Center of Excellence for Transgender Health, University of California, San Francisco. http://transhealth.ucsf.edu/
- Transgender Law Center. https://transgenderlawcenter.org/
- Services & Advocacy for GLBT Elders (SAGE) & National Resource Center on LGBT Aging: *Inclusive Services for LGBT Older Adults: A Practical Guide to Creating Welcoming Agencies.* March 14, 2012
- American College of Physicians: *Fenway Guide to Lesbian, Gay, Bisexual & Transgender Health*. 2007.
- Gay & Lesbian Medical Association: *Guidelines for Care of Lesbian, Gay, Bisexual, and Transgender Patients*.
- The Joint Commission: *Advancing Effective Communication, Cultural Competence, and Patient- and Family-Centered Care for the Lesbian, Gay, Bisexual, and Transgender (LGBT) Community: A Field Guide*. Oak Brook, IL, Oct. 2011.
- National Association of Gay-Straight Alliance (GSA) Networks: *GSA Advisor Handbook*. 2011. www.gsanetwork.org
- Transgender Inclusion in the Workplace: Recommended Policies and Practices: Human Rights Campaign (HRC) website. www.hrc.org

Appendix A

Glossary

Asexual: People who do not experience sexual attraction. This does not necessarily exclude romantic attraction. [www.asexuality.org]

Cis-gender: A person whose gender identity and expression matches the gender typically associated with their biological sex. For example: a female who identifies as a woman. [http://internationalspectrum.umich.edu/life/definitions]

Coming Out: To declare and affirm both to oneself and to others one's identity as lesbian, gay, bisexual, transgender, queer, etc. It is not a single event but instead a life-long process. [http://internationalspectrum.umich.edu/life/definitions]

Drag King: Used to refer to female performers who dress as men for the purposes of entertaining others at bars, clubs, or other events. [National Center for Transgender Equality]

Drag Queen: Used to refer to male performers who dress as women for the purpose of entertaining others at bars, clubs or other events. It is also sometimes used in a derogatory manner to refer to transgender women. [National Center for Transgender Equality]

Gay and Lesbian: Refers to individual people who are romantically and/or sexually attracted to, and/or partner with people of the same gender; lesbians partner with women and gay men partner with men.

Gender: The behavioral, cultural, or psychological traits typically associated with one sex. The socially constructed roles, behaviors, activities, and attributes that a given society considers appropriate for men and women. [Merriam-Webster Online Dictionary; World Health Organization]

Gender expression: Refers to the ways in which people externally communicate their gender identity to others through behavior, clothing, hairstyle, voice and emphasizing, de-emphasizing or changing their body's characteristics. Gender expression is not necessarily an indication of sexual orientation. [http://internationalspectrum.umich.edu/life/definitions]

Gender identity: The sense of "being" male or "being" female. For some people, gender identity is in accord with physical anatomy. For transgender people, gender identity may differ from physical anatomy or expected social roles. It is important to note that gender identity, biological sex, and sexual orientation are not necessarily linked. [http://internationalspectrum.umich.edu/life/definitions]

Genderqueer: A term which refers to individuals or groups who "queer" or problematize the hegemonic notions of sex, gender and desire in a given society. Genderqueer people possess identities which fall outside of the widely accepted sexual binary. Genderqueer may also refer to people who identify as both transgender AND queer, i.e., individuals who challenge both gender and sexuality regimes and see gender identity and sexual orientation as overlapping and interconnected. [http://internationalspectrum.umich.edu/life/definitions]

Misgender: To refer to someone using a word, especially a pronoun or form of address, that does not correctly reflect the gender with which they identify.

Polygender, or poly-gender: A gender identity that falls under the multi-gender, nonbinary and transgender umbrellas. Polygender individuals have several gender identities. Some define polygender as anyone having more than one gender: they may have two (bigender), three (trigender), or more. Others define polygender as strictly people who have more than three genders. Polygender can mean that a person has all these genders at the same time, in a mix. Polygender can also mean that they change from one gender to the next at different times, in which case the word is used interchangeably with genderfluid. Some also use the word polygender interchangeably with multigender (http://nonbinary.org).

Queer: Used as an umbrella identity term encompassing lesbian, questioning people, gay men, bisexuals, non-labeling people, transgender folks and anyone else who does not strictly identify as heterosexual. "Queer" originated as a derogatory word. Currently, it is being reclaimed by some people and used as a statement of empowerment. Some people identify as "queer" to distance themselves from the rigid categorization of "straight" and "gay". Some transgender, lesbian, gay, questioning, non-labeling, and bisexual people, however, reject the use of this term due to its connotations of deviance and its tendency to gloss over and sometimes deny the differences between these groups. [http://internationalspectrum.umich.edu/life/definitions]

Sexual Minority: Refers to a group whose sexual identity, orientation or practices differ from the majority of the surrounding society. Primarily refers to lesbians, gay men, bisexuals and transgender people.

Sexual orientation: A person's emotional, physical and sexual attraction and the expression of that attraction with other individuals. Some of the better-known labels or categories include "bisexual" (or "multisexual," "pansexual," "omnisexual"), "lesbian," "gay," "homosexual" or "heterosexual".

Survival sex: Refers to the selling of sex to meet subsistence needs. It includes the exchange of sex for shelter, food, drugs or money (Greene et al., 1999).

Transgender: Describes people who identify with or express a gender different from the sex assigned to them at birth.

Transphobia: Is the irrational, persistent fear of those who are gender atypical to any degree. It is often accompanied by an inability to deal with gender ambiguity and discomfort with, or hostility towards, people who do not conform to stereotypical gender norms. [www.education.tas.gov.au]

*These definitions are meant to be used as reference to better understand the populations under discussion and should not be used to assume another person's identity. It is important to respect an individual's self-identification.

Appendix B

2015 Inland Empire Transgender Health & Wellness Survey
Survey Questions and Responses

Riverside County Public Health

Inland Empire Transgender Health & Wellness Survey

Informed Consent

Purpose

You are invited to participate in a community needs assessment project regarding transgender and gender non-conforming people in Riverside and San Bernardino Counties. Your responses will help local service providers design programs and policies that address the needs of transgender residents.

Discomforts and Risks

There are no risks in participating in this research beyond those experienced in everyday life. Some of the questions are personal and might cause discomfort. In the event that any questions asked are disturbing, you may stop responding to the survey at any time.

Confidentiality

You will not be asked to provide any identifying information, such as your name or full address. However, any information you do provide on the survey will remain confidential. In the event of any publication or presentation resulting from the research, no personally identifiable information will be shared. Please also remember that you do not have to answer any questions about which you are uncomfortable.

Voluntary Participation

Participation in this assessment is voluntary. If you decide to participate, you do not have to answer any questions on the survey that you do not wish to answer. Individuals will not be identified and only group data will be reported (e.g., the analysis will include only aggregate data). By completing the survey, your informed consent will be implied. Please note that you can choose to withdraw your responses at any time before you submit your answers. Refusal to take part in this research study will involve no consequences.

Right to Ask Questions

You can ask questions about this survey. Questions concerning this project should be directed to:

Thomi Clinton, Director
Transgender Community Coalition
Email: thomi1clinton@gmail.com
www.TransCC.org

Aaron T. Gardner, MA
Riverside County Department of Public Health
Epidemiology & Program Evaluation Branch
4065 County Circle Drive, ST 211
Riverside, CA 92503
Phone: 951-358-5514
Email: agardner@rivcocha.org

	Responses	Percent
Do you consider yourself to be transgender or gender non-conforming in any way?	**90**	
Yes	87	96.7
I don't know/Questioning	*	*
What gender were you assigned at birth? That is, what was the sex on your original birth certificate?	**90**	
Female	49	54.4
Male	40	44.4
Unknown	*	*
Do you currently have a gender identity or presentation that is different from your assigned gender at birth?	**90**	
Yes	78	86.7
No	11	12.2
Don't Know	*	*
Which, if any, of the following terms do you currently use to describe your gender identity? (Check all that apply)	**90**	
FTM / transgender man	27	30.0
MTF / transgender woman	24	26.7
Genderqueer	23	25.6
Gender non-conforming or gender variant	25	27.8
Transgender	42	46.7
Transsexual	10	11.1
Two-spirit	9	10.0
Feminine male	7	7.8
Masculine female or butch	*	*
Cross-dresser	*	*
Drag Queen/King	*	*
Other (please specify)	21	23.3
Do you currently or do you want to live full-time in a gender that is different from your gender assigned at birth?	**90**	
No	11	12.2
Yes	49	54.4
Not full time but someday	22	24.4
Undecided	8	8.9

*less than 5 responses

	Responses	Percent
Do you tell people that you are transgender/gender non-conforming? (Check all that apply)	**90**	
Never, I do not tell anyone	*	*
Close Friends	59	65.6
Casual friends	17	18.9
Work colleagues	15	16.7
Family	42	46.7
Health care providers	31	34.4
Those who ask	31	34.4
I tell everyone	18	20.0
How do you currently describe your sexual orientation? (Check all that apply)	**90**	
Gay	13	14.4
Lesbian	15	16.7
Bisexual	14	15.6
Straight / Heterosexual	16	17.8
Queer	19	21.1
Questioning	8	8.9
Pansexual	20	22.2
Asexual	8	8.9
I don't use a label	9	10.0
What is your ethnic or racial background?	**90**	
White	58	64.4
Hispanic	20	22.2
African American	*	*
Asian	*	*
Multi-race	8	8.9
Unknown/did not answer	*	*
What is your age?	**90**	
17 or younger	*	*
18-20	11	12.2
21-29	36	40.0
30-39	10	11.1
40-49	12	13.3
50-59	7	7.8
60+	12	13.3
In what ZIP code is your home located? (enter 5-digit ZIP code)	**90**	

*less than 5 responses

	Responses	Percent
What is the highest level of education you have completed?	**90**	
Less than high school degree	*	*
High school degree or GED	8	8.9
Some college	38	42.2
Associate degree	11	12.2
Bachelor degree	19	21.1
Graduate degree	11	12.2
Which of the following best describes your current relationship status?	**90**	
Single, never married	49	54.4
Single, living with partner	15	16.7
Married	13	14.4
Domestic partnership	*	*
Separated	*	*
Divorced	8	8.9
Widowed	*	*
In general, how would you rate your overall physical health?	**90**	
Excellent	8	8.9
Very good	28	31.1
Good	31	34.4
Fair	17	18.9
Poor	*	*
Unknown/did not answer	*	*
What is your current employment status?	**90**	
Employed full time	17	18.9
Employed full time + Student	*	*
Employed part time	5	5.6
Employed part time - looking for more	*	*
Employed part time + Student	6	6.7
Homemaker	*	*
Multiple part-time jobs + Student	*	*
On disability	*	*
Retired	9	10.0
Student	19	21.1
Unable to work	*	*
Unemployed and looking	11	12.2
Unemployed and looking + Student	*	*
Unemployed and stopped looking	*	*
Other (please specify)	*	*

*less than 5 responses

	Responses	Percent
How much money did YOU personally earn in 2014?	**90**	
$0 - $9,999	49	54.4
$10,000 - $19,999	12	13.3
$20,000 - $29,999	10	11.1
$30,000 - $39,000	*	*
$40,000 - $49,999	*	*
$50,000 - $59,999	*	*
$60,000 - $69,999	*	*
$70,000 - $79,999	*	*
$80,000 - $89,999	*	*
$100,000 or More	*	*
Did you have to change jobs or careers when you came out/disclosed that you were transgender or gender non-conforming?	**90**	
Yes	19	21.1
No	69	76.7
Unknown	*	*
What were your sources of income in 2014? (Check all that apply)	**90**	
Paycheck(s) or money from one or more jobs	51	56.7
Public assistance such as Temporary Assistance for Needy Families (TANF); welfare; WIC; food stamps; or SSI.	8	8.9
Money from a business, fees, dividends, or rental income	6	6.7
Social security, workers' compensation, disability, veteran benefits or pensions	7	7.8
Child support or alimony	*	*
Student financial aid	8	8.9
Parents	5	5.6
Other (please specify)	*	*
Have you ever been unemployed as a result of being transgender or gender non-conforming?	**90**	
Yes	14	15.6
No	63	70.0
Don't Know	13	14.4
In the past 5 years have you lived in any of the following...	**90**	
Homeless shelter	*	*
Sober living house	*	*
Halfway or community re-entry house	*	*
What is your main mode of transportation?	**90**	
I bike, skate, walk most places	*	*
I borrow a car or get rides from friends	11	12.2
I have my own car / motorcycle etc.	60	66.7
I use public transportation such as the bus.	10	11.1
Other (please specify)	5	5.6
What are your current living arrangements?	**90**	
Living in a house/apartment I RENT alone or with others	24	26.7
Living in campus/university housing	*	*
Living in house/apartment/condo I OWN alone or with others	16	17.8
Living with a partner, spouse or other person who pays for the housing	6	6.7
Living with parents or family you grew up with	32	35.6
Staying with friends or family temporarily	5	5.6
Other (please specify)	*	*
Unknown/did not answer	*	*

*less than 5 responses

	Responses	Percent
Have you experienced any of the following at work because of being transgender or gender non-conforming? Check all that apply.	**90**	
I was fired	*	*
I was denied a promotion	*	*
I was reorganized out of a job	*	*
I was laid off	*	*
I experienced verbal harassment	23	25.6
I experienced sexual harassment	11	12.2
I was harassed by coworkers	14	15.6
I was harassed by my supervisor(s)	12	13.3
I was the victim of physical violence	*	*
I faced unfair scrutiny and/or discipline	14	15.6
I was denied access to restrooms that matched my gender identity	*	*
I was denied access to all restrooms	0	0.0
My access to customers or clients has been restricted or eliminated	*	*
Co-workers repeatedly used my old name/pronoun even after being corrected	13	14.4
Managers/Supervisors repeatedly used my old name/pronoun even after being corrected	10	11.1
Co-workers shared private information about me that they should not have	10	11.1
Managers or Supervisors shared information about me that they should not have	11	12.2
I have never been employed	17	18.9
Other (please specify)	11	12.2
None of the above	34	37.8
Have you experienced any of the following because you are transgender/ gender non-conforming?	**90**	
I moved into a less expensive home/apartment	13	14.4
I became homeless	8	8.9
I have been evicted	*	*
I was denied a home/apartment	5	5.6
I had to move back in with family members or friends	17	18.9
I have had sex with people to sleep in their bed/at their homes or to pay rent	*	*
I had to use equity in my home to pay for living expenses	*	*
I was kicked out of my family home before the age of 18	6	6.7
I was kicked out of my family home over the age of 18	11	12.2
Other (please specify)	5	5.6
I have not experienced any of these	15	16.7
How safe do you feel walking in your neighborhood?	**90**	
Very Safe	11	12.2
Safe	29	32.2
Somewhat Safe	32	35.6
Somewhat Unsafe	8	8.9
Unsafe	7	7.8
Very Unsafe	*	*
Unknown/did not answer	*	*

*less than 5 responses

	Responses	Percent
In general, how would you rate your overall mental or emotional health?	**90**	
Excellent	6	6.7
Very good	15	16.7
Good	23	25.6
Fair	28	31.1
Poor	16	17.8
Unknown/did not answer	*	*
During the past 12 months, have you had a flu shot?	**90**	
No	46	51.1
Yes	39	43.3
I don't know	*	*
Unknown/did not answer	*	*
Have you ever been tested for HIV (the virus that causes AIDS)?	**90**	
No	29	32.2
Yes	56	62.2
I don't know	*	*
Unknown/did not answer	*	*
What is your HIV status?	**90**	
I am HIV negative	69	76.7
I am HIV positive	*	*
I don't know my HIV status	17	18.9
Declined to answer	*	*
In the past 12 months, have you ever been tested for a sexually transmitted disease other than HIV?	**90**	
No	47	52.2
Yes	35	38.9
I don't know	5	5.6
Other (please specify)	*	*
Unknown/did not answer	*	*
Has a doctor ever told you that you had any of the following	**90**	
Asthma	32	35.6
Lung disease other than asthma	*	*
Cancer	6	6.7
Diabetes	6	6.7
Any kind of heart disease	*	*
High blood pressure	23	25.6
High cholesterol	29	32.2
Depression or anxiety disorder	61	67.8
Other	12	13.3
How important is exercise to you?	**90**	
Extremely important	12	13.3
Very important	18	20.0
Moderately important	32	35.6
Slightly important	18	20.0
Not at all important	7	7.8
Unknown/did not answer	*	*

*less than 5 responses

	Responses	Percent
In a typical week, how many days do you exercise?	**90**	
Once a week	12	13.3
2 to 4 days a week	32	35.6
5 to 7 days a week	10	11.1
I don't regularly exercise	34	37.8
Unknown/did not answer	*	*
Thinking back to the last time you had sex, did you use a condom or any form of barrier protection?	**90**	
No	42	46.7
Yes	26	28.9
No, married or in a committed relationship	*	*
Don't remember	*	*
Never had sex	11	12.2
Other (please specify)	*	*
Unknown/did not answer	*	*
In the past 7 days, how many times did you eat fast food? Include fast food meals eaten at work, school, at home, or at fast food restaurants, carryout or drive thru.	**90**	
None, I did not eat fast food	14	15.6
One time	19	21.1
Two times	28	31.1
Three times	11	12.2
Four or more times	16	17.8
Unknown/did not answer	*	*
Do you currently have health insurance?	**90**	
No, I do not	*	*
Yes, I do	84	93.3
I don't know	*	*
Unknown/did not answer	*	*
Type of health insurance	**90**	
Employment-based	25	27.8
Privately purchased	15	16.7
VA (CHAMP-VA)	*	*
Medi-Cal (IEHP, Molina)	22	24.4
Medicare	*	*
Medicare and Medi-Cal	*	*
Other (please specify)	14	15.6
Uninsured	*	*
Unknown/did not answer	*	*
Have you ever seriously thought about committing suicide?	**90**	
No, I have never seriously thought about committing suicide.	20	22.2
Yes, I have seriously thought about committing suicide.	67	74.4
Unknown/did not answer	*	*

*less than 5 responses

	Responses	Percent
How easy is it to find a doctor in your area who participates in your health plan?	**90**	
Extremely easy	23	25.6
Very easy	22	24.4
Moderately easy	22	24.4
Slightly easy	11	12.2
Not at all easy	6	6.7
Unknown/did not answer	6	6.7
How easy is it to find a doctor in your area who is willing to provide routine care?	**90**	
Extremely easy	23	25.6
Very easy	21	23.3
Moderately easy	22	24.4
Slightly easy	11	12.2
Not at all easy	8	8.9
Unknown/did not answer	5	5.6
How easy is it to find a doctor in your area who is willing to provide hormone therapy?	**90**	
Extremely easy	11	12.2
Very easy	11	12.2
Moderately easy	9	10.0
Slightly easy	13	14.4
Not at all easy	33	36.7
Not applicable / did not answer	13	14.4
How easy is it to find a doctor in your area who has sufficient knowledge and experience on issues related to transgender people?	**90**	
Extremely easy	6	6.7
Very easy	8	8.9
Moderately easy	13	14.4
Slightly easy	14	15.6
Not at all easy	36	40.0
Unknown/did not answer	13	14.4
How easy is it to find a mental health professional in your area who participates in your health plan?	**90**	
Extremely easy	19	21.1
Very easy	13	14.4
Moderately easy	20	22.2
Slightly easy	13	14.4
Not at all easy	18	20.0
Unknown/did not answer	7	7.8
How easy is it to find a mental health professional in your area who is willing to treat you?	**90**	
Extremely easy	16	17.8
Very easy	17	18.9
Moderately easy	24	26.7
Slightly easy	11	12.2
Not at all easy	15	16.7
Unknown/did not answer	7	7.8

*less than 5 responses

	Responses	Percent
How easy is it to find a mental health professional in your area who has sufficient knowledge and experience on issues related to transgender people?	**90**	
Extremely easy	6	6.7
Very easy	8	8.9
Moderately easy	12	13.3
Slightly easy	19	21.1
Not at all easy	35	38.9
Unknown/did not answer	10	11.1
Do you have a usual place to go when you are sick or need health advice?	**90**	
No	24	26.7
Yes	63	70.0
Unknown/did not answer	*	*
Where do you usually go for health care?	**90**	
Community clinic/government clinic/community hospital	6	6.7
Doctor's office/HMO/Kaiser	65	72.2
Emergency room/Urgent care	5	5.6
No usual source of care	7	7.8
Other (please specify)	*	*
Unknown/did not answer	*	*
In the last 12 months, has a lack of money kept you from going to the doctor?	**90**	
No, it has not	48	53.3
Yes, it has	39	43.3
Unknown/did not answer	*	*
Have you experienced any of the following in a health care setting because you are transgender?	**90**	
I was refused needed health care	18	20.0
Health care professionals refused to touch me or used excessive precautions	17	18.9
Health care professionals used harsh or abusive language	24	26.7
Health care professionals blamed me for my health status	19	21.1
Health care professionals were physically rough or abusive	12	13.3
Health care professionals used improper pronouns even after being corrected	35	38.9
I will be refused medical service because I am transgender	**90**	
Strongly Agree	6	6.7
Agree	15	16.7
Neither Agree or Disagree	27	30.0
Disagree	24	26.7
Strongly Disagree	13	14.4
Unknown/did not answer	5	5.6
Medical personnel will treat me differently because I am transgender	**90**	
Strongly Agree	22	24.4
Agree	31	34.4
Neither Agree or Disagree	13	14.4
Disagree	13	14.4
Strongly Disagree	6	6.7
Unknown/did not answer	5	5.6

*less than 5 responses

	Responses	Percent
Not enough health professionals adequately trained to care for people who are transgender	**90**	
Strongly Agree	50	55.6
Agree	19	21.1
Neither Agree or Disagree	10	11.1
Disagree	*	*
Strongly Disagree	0	0.0
Unknown/did not answer	7	7.8
Not enough support groups for people who are transgender	**90**	
Strongly Agree	47	52.2
Agree	21	23.3
Neither Agree or Disagree	12	13.3
Disagree	5	5.6
Strongly Disagree	0	0.0
Unknown/did not answer	5	5.6
Not enough substance abuse treatment for people who are transgender	**90**	
Strongly Agree	32	35.6
Agree	20	22.2
Neither Agree or Disagree	31	34.4
Disagree	*	*
Strongly Disagree	0	0.0
Unknown/did not answer	5	5.6
Community fear/dislike of people who are transgender	**90**	
Strongly Agree	46	51.1
Agree	27	30.0
Neither Agree or Disagree	8	8.9
Disagree	*	*
Strongly Disagree	*	*
Unknown/did not answer	5	5.6
Do you currently smoke cigarettes?	**90**	
No, I do not	72	80.0
Yes, I do	15	16.7
Unknown/did not answer	*	*
Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks on one occasion?	**90**	
0 times	57	63.3
1 time	14	15.6
2 times	*	*
3 times	*	*
4 times	*	*
5 times	*	*
7 times	*	*
10 times	*	*
20 times	*	*
30 times	*	*
Unknown/did not answer	5	5.6

*less than 5 responses

	Responses	Percent
In the past 30 days have you used any of the following drugs?	**90**	
Tranquilizers or sedatives (without a doctor's prescription)	5	5.6
Amphetamines (Crystal, Meth, Tina, Crank)	*	*
LSD or some other hallucinogens	*	*
Crack cocaine	*	*
Powder cocaine	*	*
Heroin	*	*
Ecstasy/MDMA	*	*
GHB	*	*
Drugs by injection with a needle (heroin, cocaine, amphetamine)	*	*
Alcohol and pills together to get high	*	*
Unknown/did not answer	*	*
Are you in school?	**90**	
No, I am not in school	49	54.4
Yes, high school	*	*
Yes, I am in college / graduate school	36	40.0
I go to school online	*	*
Unknown/did not answer	*	*
In your life, have you ever been emotionally or physically abused by a partner or someone close to you? (husband, wife, girlfriend, boyfriend, etc.)	**90**	
No	32	35.6
Yes	51	56.7
Unknown/did not answer	7	7.8
Have you experienced any of the following in school? (of those currently in school)	**37**	
Bullied/ harassed by other students at school	26	70.3
Teachers or staff bullied or harassed you	14	37.8
Uncomfortable stares at school?	34	91.9
Not allowed to use the bathroom you identify with	13	35.1
Dropped out of school due to the way people treated you	*	*
Other	6	16.2
How safe do you feel at school / on campus?	**37**	
Very Safe	*	*
Safe	11	29.7
Somewhat Safe	18	48.6
Somewhat Unsafe	*	*
Unsafe	*	*
Very Unsafe	*	*
In the past 30 days have you missed school because you didn't feel safe?	**37**	
No	27	73.0
Yes	10	27.0

*less than 5 responses

	Responses	Percent
Which of the following experiences have you had in your interactions with the police?	**90**	
Officers generally have treated me with respect	25	27.8
Officers generally have treated me with disrespect	18	20.0
Officers have harassed me	7	7.8
Officers have physically assaulted me	0	0.0
Officers have sexually assaulted me	*	*
I have had no interaction with the police	41	45.6
As a transgender/gender non-conforming person, how comfortable do you feel seeking help from the police?	**90**	
Very comfortable	15	16.7
Somewhat comfortable	6	6.7
Neutral	18	20.0
Somewhat uncomfortable	19	21.1
Very uncomfortable	28	31.1
Unknown/did not answer	*	*
Have you ever been sent to jail or prison for any reason?	**90**	
No, I have never been sent to jail or prison.	80	88.9
Yes, I have been sent to jail or prison	6	6.7
Unknown/did not answer	*	*
Have any of the following people used improper pronouns, even after being corrected? For example: using the pronouns he/his/him for a MTF Transwoman even after being corrected.	**90**	
Health care professionals (Doctors, Nurses, office staff)	40	44.4
Police or Sheriff's deputies	15	16.7
Judge	*	*
Have you ever had to get your hormones from another country, such as Mexico?	90	
No, I get my hormones locally	37	41.1
Yes, Mexico	*	*
Yes, ordered from another country	6	6.7
Other	5	5.6
N/A I don't take hormones	40	44.4
Have you experienced acts of discrimination in Riverside or San Bernardino Counties?	**90**	
No	47	52.2
Yes	31	34.4
Unknown/did not answer	12	13.3
As a transgender/gender non-conforming person, please check whether you have experienced any of the following in these public spaces.		
Retail store	**90**	
Denied service	5	5.6
Denied equal treatment	6	6.7
Verbally harassed or disrespected	16	17.8
Physically attacked or assaulted	*	*
I have not experienced these negative outcomes	48	53.3
Not applicable (N/A)	8	8.9

*less than 5 responses

	Responses	Percent
Hotel or restaurant	**90**	
Denied service	*	*
Denied equal treatment	*	*
Verbally harassed or disrespected	12	13.3
Physically attacked or assaulted	0	0.0
I have not experienced these negative outcomes	52	57.8
Not applicable (N/A)	14	15.6
Bus, train, or taxi	**90**	
Denied service	0	0.0
Denied equal treatment	*	*
Verbally harassed or disrespected	8	8.9
Physically attacked or assaulted	0	0.0
I have not experienced these negative outcomes	51	56.7
Not applicable (N/A)	21	23.3
Airplane or airport staff/TSA	**90**	
Denied service	0	0.0
Denied equal treatment	*	*
Verbally harassed or disrespected	8	8.9
Physically attacked or assaulted	0	0.0
I have not experienced these negative outcomes	48	53.3
Not applicable (N/A)	25	27.8
Doctor's office or hospital	**90**	
Denied service	6	6.7
Denied equal treatment	9	10.0
Verbally harassed or disrespected	19	21.1
Physically attacked or assaulted	0	0.0
I have not experienced these negative outcomes	43	47.8
Not applicable (N/A)	12	13.3
Emergency Room	90	
Denied service	0	0.0
Denied equal treatment	*	*
Verbally harassed or disrespected	8	8.9
Physically attacked or assaulted	0	0.0
I have not experienced these negative outcomes	49	54.4
Not applicable (N/A)	24	26.7
Mental Health Clinic	**90**	
Denied service	*	*
Denied equal treatment	*	*
Verbally harassed or disrespected	6	6.7
Physically attacked or assaulted	0	0.0
I have not experienced these negative outcomes	40	44.4
Not applicable (N/A)	32	35.6

*less than 5 responses

As a transgender/gender non-conforming person, please check whether you have experienced any of the following in these public spaces.		
	Responses	**Percent**
Ambulance/EMT/Medic	**90**	
Denied service	0	0.0
Denied equal treatment	*	*
Verbally harassed or disrespected	*	*
Physically attacked or assaulted	0	0.0
I have not experienced these negative outcomes	35	38.9
Not applicable (N/A)	43	47.8
Government agency or official	**90**	
Denied service	0	0.0
Denied equal treatment	0	0.0
Verbally harassed or disrespected	10	11.1
Physically attacked or assaulted	0	0.0
I have not experienced these negative outcomes	37	41.1
Not applicable (N/A)	33	36.7
Police Officer	**90**	
Denied service	*	*
Denied equal treatment	*	*
Verbally harassed or disrespected	12	13.3
Physically attacked or assaulted	*	*
I have not experienced these negative outcomes	35	38.9
Not applicable (N/A)	35	38.9
Have you ever been forced to have sex against your will by a partner or someone close to you? (husband, wife, girlfriend, boyfriend, etc.)	**90**	
No	61	67.8
Yes	23	25.6
Unknown/did not answer	6	6.7
I have a strong support system of people in my life	**90**	
Strongly Agree	27	30.0
Agree	32	35.6
Neither Agree or Disagree	8	8.9
Disagree	13	14.4
Strongly Disagree	*	*
Unknown/did not answer	7	7.8
Religion and/or spirituality is an important part of my life.	**90**	
Strongly Agree	12	13.3
Agree	18	20.0
Neither Agree or Disagree	12	13.3
Disagree	9	10.0
Strongly Disagree	28	31.1
N/A	*	*
Unknown/did not answer	7	7.8

*less than 5 responses

	Responses	Percent
I feel connected to the transgender community	**90**	
Strongly Agree	12	13.3
Agree	17	18.9
Neither Agree or Disagree	25	27.8
Disagree	17	18.9
Strongly Disagree	12	13.3
Unknown/did not answer	7	7.8
Would you participate in a transgender specific discussion group if one was available in your area?	**90**	
Yes	53	58.9
Maybe	23	25.6
No	*	*
Other (please specify)	*	*
Unknown/did not answer	7	7.8
Does your gender identity impact your level of comfort when accessing social and/or health services provided by your county agencies?	**90**	
Yes	45	50.0
Maybe	15	16.7
No	20	22.2
Unknown/did not answer	10	11.1
Would you be more comfortable using social and health services if the agency providing the services was identified as "Transgender Friendly?"	**90**	
A lot more comfortable	57	63.3
Somewhat more comfortable	15	16.7
Only slightly more comfortable	*	*
It wouldn't make a difference	6	6.7
Unknown/did not answer	8	8.9
Do you participate in any LGBT or Transgender specific organizations?		
No	44	48.9
Yes	38	42.2
Unknown/did not answer	8	8.9
Of the following, please mark the top three most important transgender services you think should be offered in your area.		
Service	Total Votes	Rank
Mental Health Counseling	43	1
Health	37	2
Transition Support	37	3
Employment Placement Assistance	33	4
Support Groups	29	5
Legal Support/Helpline	17	6
Social Events	12	7
Housing	10	8
LGBTQI Senior Housing	7	9
Job Fair	5	10
Job Training	*	11

*less than 5 responses

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